BBC goodfood
Middle East
September 2021
DHS15
www.bbcgoodfoodme.com

Sweet sensation

+ Quick cheat's strawberry mousse
+ Cherry, custard & almond sponge cake
+ PBJ cookie ice cream sandwiches

The best of the Med

WHOLESOME 15-MINUTE no-cook meals



CPI
Publication licensed by
Dubai Production City, DCCA



Available from SIMPLY KITCHEN stores in Mall of the Emirates, Yas Mall, Dalma Mall, IBN Batutta Mall, Manar Mall and Dubai Festival Plaza & THINK KITCHEN stores in Dubai Festival City Mall, Dubai Mall, , Mushrif Mall, Marina Mall Abu Dhabi, Bawadi Mall, Bawabat Al Sharq Mall and BHS Al Ain store.

simplykitchenstores

Welcome!



Summer isn't over just yet. This month, we're cooling down indoors with a selection of delectable recipes, some of which make us reminisce past travels. If like me, you are craving fresh Mediterranean flavours, turn to page 38 for everything from succulent kebabs to a traditional gnocchi Pomodoro and Basque cheesecake. You will be tempted to invite friends over and impress them with your culinary skills.

Those looking to batch cook and include more veggies in their weekly meal plans will enjoy the Aubergine parmigiana lasagne (p28), ways to use seasonal produce (p50) and our newly launched feature, 1 Ingredient - 3 Ways (p56) that highlights smoked paprika in creative ways. You will also find scrumptious puddings and cakes including our cover star, Quick cheat's strawberry mousse (p36), for a sweet start to the last quarter of 2021.

Since the children are back at school, try these energy-fueling, wholesome breakfasts (p74) and pack leftovers from our selection of weeknight suppers and lunches. And to make the most out of your weekend with exciting happenings, escape to Melia Desert Palm (p82) or make a reservation at top dining spots around the country for a memorable dining experience (p9 and p13).

Happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



"I always gravitate towards plain scones with lashings of clotted cream, but these Seeded scones with smoked salmon look delish for afternoon tea at home." says Sales manager, Liz.



Digital editor, Serena says: "This Chipotle and lime prawn burrito bowl has become a weekly fix for a no-cook meal with an explosion of flavours, to perk up busy weekdays."



"Fried chicken is a dish that speaks to my soul, and it doesn't get better than this Fried chicken with pineapple hot sauce, for a sweet and spicy twist to my favoured fried food." says graphic designer, Froilan.

BBC goodfood Middle East

EDITORIAL
EDITOR: Nicola Monteath
nicola.monteath@cpimediagroup.com
DIGITAL EDITOR: Serena Botelho e Warren
serena.warren@cpimediagroup.com

ADVERTISING
SALES MANAGER: Liz Smyth
liz.smyth@cpimediagroup.com
SALES MANAGER: Gill Fairclough
gill.fairclough@cpimediagroup.com

bbc.sales@cpimediagroup.com

MARKETING
marketing@cpimediagroup.com

DESIGN
Froilan A. Cosgafa IV

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Al Salam Printing Press LLC

PUBLISHED BY
CPI

Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

A publication licensed by Dubai Production City, DCCA

© Copyright 2021 CPI Media Group FZ LLC.
All rights reserved.
While the publishers have made every effort to ensure the accuracy of all information in this magazine, they will not be held responsible for any errors therein.

www.cpimediagroup.com

Good Food UK
EDITOR-IN-CHIEF: Christine Hayes
MAGAZINE EDITOR: Keith Kendrick
PUBLISHING DIRECTOR: Simon Carrington

BBC Studios, UK Publishing
CHAIR, EDITORIAL REVIEW BOARDS: Nicholas Brett
MANAGING DIRECTOR, CONSUMER PRODUCTS AND LICENSING: Stephen Davies
DIRECTOR, MAGAZINES: Mandy Thwaites
COMPLIANCE MANAGER: Cameron McEwan
UK PUBLISHING CO-ORDINATOR: Eva Abramik
UK.publishing@bbc.com

www.bbcstudios.com

Immediate Media Co Ltd
CHAIRMAN: Martin Weiss
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Molly Hope-Seton

BBC Good Food ME magazine is published by CPI Media Group under licence from Immediate Media Company Limited, Vineyard House, 44 Brook Green, Hammersmith, London W6 7BT.
The BBC studios logo is a trade mark of the British Broadcasting Corporation. Used under licence.
© Immediate Media Company Limited.



Contents

UPDATE

4 YOUR SAY
Find out if you won the Star Letter prize.

6 NEWS NIBBLES
The latest in culinary news and more across the UAE.

8 TOP BUY
Find our selection of tableware and gadgets for your home.

9 FLAVOURS OF THE MONTH
Take your pick from our roundup of deals and new openings across the country.

13 TRIED & TASTED
We've reviewed some of the top hotspots in town.

16 COOKING PROJECT
A sublime veggie sausage, food combinations and a myth busted.

EASY

20 15-MINUTE NO COOK MEALS
These simple, easy and wholesome meals require absolutely no cooking, making it ideal for busy lunches and suppers.

26 FRIDAY NIGHT TREAT
This vibrant Tex-Mex taco salad makes for the perfect lazy weekend lunch.

28 FROZEN ASSETS
Aubergine parmigiana lasagne is a classic Italian veggie bake that's perfect for summer nights and family gatherings.

30 TWO WAYS
Who doesn't love a scone? The possibilities for toppings and smears are endless. Take a look at these sweet, and savoury, recipes for a delish afternoon treat.

34 REDUCE WASTE
Don't toss those leftovers! These versatile ingredients liven up a plethora of dishes.

36 WEEKNIGHT PUDDING
Strawberries and cream – the ultimate summer dessert combination.

WEEKEND

38 ENJOY THE BEST OF THE MED
Embark on a Mediterranean journey with our collection of summer recipes. Try everything from kebabs in fluffy pitta bread to an authentic gnocchi pomodoro.

50 SUMMER'S FINEST
Make the most out of fresh seasonal produce for well-rounded flavour and nutrients.

56 1 INGREDIENT - 3 WAYS
Explore mouthwatering ways to work with paprika. The Fried chicken with pineapple hot sauce, and sweetcorn with smoked paprika and lime butter, will impress family and friends.

61 TONIGHT'S SPECIAL
Give your regular pasta a modern take with this fajita-style recipe. We're sure kids and adults will help themselves to seconds.

FAMILY

63 OVER THE WEEKEND
Get the kids to cook a selection of family-friendly recipes. It's a great way for them to learn about ingredients, while developing new skills.



71 JUST 5 INGREDIENTS
This sausage pesto pizza is incredibly easy to make for a weekend lunch or last-minute supper.

HEALTH

74 GOOD MORNING
Breakfast truly is the most important meal. Find a selection of vitamin and antioxidant-rich breakfasts to kickstart your day.

77 5 HEALTHY WAYS
You can do plenty with a can or pack of chickpeas. Discover five nutritious ways to fill up on this protein.



78 WHAT'S FOR LUNCH?
Make a statement with a simple mezze platter at your next picnic or home gathering.

80 A TASTE OF THE SEA
This seafood pasta will transport you to a sunny beachside eatery, bringing back fond memories.

GOURMET LIFESTYLE

82 SUITE LIFE
Head over to Meliá Desert Palm for a tranquil break and sublime steak.

COMPETITIONS

87 Gift vouchers, meals and plenty more.



Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

gf YOUR SAY

We love hearing from you!

STAR LETTER



Environmental care is a topic very dear to my heart. I always look at sustainable options and try my best to play my role in working towards reducing my carbon footprint. If we all do our share, our world can become healthy again. In the August issue, I absolutely loved the article Use up your leftovers. Excellent tips to make your meals go a long way! In addition to reducing waste, these tips are budget savvy too. Your magazine is always inspiring, and this is a great way to inspire readers to lead a greener life. Another inspiring piece was your back-to-school lunch ideas. With schools hopefully opening soon, these are great and will make lunchboxes very exciting.

Bibi Aysha Bulbulia



I have had a close bond with *bbcgoodfoodme.com* for many years. The entire team is doing a fantabulous job. Being a working mom with four kids, it's not easy to satisfy everyone at home with the food of their choice. Many times, items get wasted while trying a recipe in small quantities. I found the *Use up your leftovers article* in this month's issue very interesting and useful, especially the 'What to do with 75ml coconut milk.' It never occurred to me earlier that I could have reused it in such a fruitful manner. This tip will be on my list from now! Three cheers to the entire team for your growth and success.

Faiqa Tahseen



I enjoyed knowing about the easy one-pot meal recipes for family and simple recipes for kids' lunchboxes. As a working mom, I am always looking for easy and nutritious recipes for my family, and I look forward to trying all the recipes featured in the August 2021 issue.

Natasha Dsouza

WIN!

TRANSFORM YOUR LIFESTYLE WITH KCAL'S ULTIMATE NUTRITION AND GYM PACKAGE, WORTH AED4,350

Kcal, a food and lifestyle brand committed to revolutionising the healthy food industry and paving the way for nutritious eating, is here to help you crush those fitness goals. With the end of summer not far away, Kcal encourages everyone to take charge of their health and wellness, without compromising on quality, ingredients or choice, and slide into the new season as their ultimate self. The winner will receive a month-long Kcal meal plan of calorie-controlled dishes and fresh, nutrient-packed drinks. The reader will also receive a free consultation with one of Kcal's in-house expert nutritionists to help kickstart a healthier lifestyle, and a free gym pass too. Get ready to say hello to a new you!

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



Photographs SUPPLIED

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

PRATO

LONG ITALIAN LUNCH







An Italian family tradition unveils every weekend at PRATO with our Long Italian Lunch.

FRIDAY & SATURDAY
1PM - 4PM

Indulge in an 8-course sharing menu starting at AED 225 (food only).

+971 4 245 3988 | reservations@skelmorehospitalitypartners.com
Trump International Golf Club, DAMAC Hills

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



EXPRESS DELIVERY



Thought you had a certain ingredient in your pantry for dinner? Fret not! Order groceries from Kibsons and have it delivered the same day. Starting with areas within New Dubai, with more locations being added daily, you can shop from an extensive variety of the freshest fruits, vegetables, meat, seafood, vegan options and the Sainsbury's range. Kibsons also offers homecare essentials including laundry detergents, fabric softeners and eco-friendly laundry pods, making last-minute shopping as convenient as possible.

Visit kibsons.com.

THE BEST BITES

Specialty bakehouse Crumb & Co. has expanded their offerings from small-batch artisanal doughnuts to now include decadent cookies. The three new flavours include Dark chocolate + Sea Salt, Creme Brulee, and Sesame Chocolate Chip. Stay tuned for more flavours launching this winter.

Place your order at crumbandco.me.

Photographs SUPPLIED

ON-THE-GO COFFEE

Dubai's specialty coffee roasters, RAW Coffee Company, now offer premium single origin specialty Arabica coffee pour over pouches, ReadyRAW, enabling coffee lovers to brew a cup wherever they like. This convenient blend is perfect for picnics, beach trips, those pressed for time, and camping season, which is just around the corner. ReadyRAW is available in box sets of five sachets each, with the current origin selection including Ethiopian Natural Guji, Colombian San Luis Honey, Burundi Matraco, Mexican Chiapas, Colombian Planadas, Colombian Decaffeinated and a mixed selection box.

Order online via rawcoffeecompany.com/collections/coffee or shop in-store.



SAVE THE DATE!



Gulfood Manufacturing is back with four shows under one roof this year, taking place simultaneously, from November 7 to 9, 2021. Visitors can add to their agendas' visits to Gulfood Manufacturing, Yummex Middle East, Speciality Food Festival and Private Label & Licensing Middle East.

Furthermore, visitors can stop by various interactive attractions such as the Ingredients Lab, where you can step into an immersive, experiential and multi-sensory journey. Paired by design with sound and aroma, select ingredients and various sensory elements merge to create a narrative-based holistic experience. Don't miss this unique experience!

For more information, visit gulfoodmanufacturing.com/show-experience.









NEW IN TOWN

Hypermarket Grandiose has opened its doors at Arjan, Barsha South and Majan, Al Barari. With wide aisles, wood flooring, high ceilings, a bright and airy ambiance, and trolleys made with recycled and repurposed plastic from the ocean, shoppers can expect an elevated in-store experience. Eco-conscious individuals will be glad to know that Grandiose has also eliminated all plastic wastage at checkouts in-store, replacing it with reusable paper bags.

top buy

From tableware to gifts, here's our list of most wanted items to make dining and entertaining all the more fun



Put together a cheese and charcuterie assortment on this In the Forest serving board by Mason Cash. The range showcases classic craftsmanship with contemporary twists, with the rustic forest theme dominating the collection with unique yet minimal products including practical measuring ware, beautifully embossed leaf-shaped platters, sustainable bamboo kitchenware, and quirky animal-shaped pie funnels to elevate just about any setting. *AED129 at Simply Kitchen.*



This limited edition 5-piece organic luxury cooking set in ceramic stone grey from Rossetti, the Elementi Natura Porcelain Enamel Cookware series, is perfect for gifting. The pieces are manufactured with Metaclad+ maximum non-stick and toughened with hard mineral particles. Furthermore, this "Innocent" cookware allows less or almost no oil to be used during cooking and is extremely resistant to scratches on the interior and exterior. Made in Italy, the set includes a 24cm deep frypan, 24cm deep casserole and lid and 28cm low casserole and lid. The lids are uniquely made from the same porcelain enamel material as the cookware body, promoting a slow cooking process to retain vital cooking juices and nutrients. Each cookware also comes with a complimentary store away protective bag. *AED599 at rossetticasalinghi.com.*



Transform your space with luxury home fragrances, scented candles and kitchen essentials from Ritual Cosmetics. The latest collection focuses on fragrance sticks and candles, now available in a ribbed glass design, transparent refill bottles and secondary packaging made of carton. Take your pick from six scents, to calm your mind and body, infuse a sense of tranquillity into a room, or uplift your mood. *Available at Ritual Cosmetics stores.*



Autumn is just around the corner. Sure, we won't feel the season in all its glory, but we can bring elements of the season into our homes. This Autumn leaf enamel round bowl will add an elegant touch to your coffee table or kitchen island. *AED119 at Lifestyle Stores.*



Looking for a new lunchbox? This Teen lunchbox is 100 per cent BPA-free, making it ideal for all ages. Since it's leakproof (for thick liquids) pack yogurts and dips with your crudités and fruits. The four handy compartments fit everything from salads to sandwiches and pasta dishes. *AED129 at Citron.*

Flavours of the month

What's hot and happening around town this month

North28 Restaurant, Mall of the Emirates

Inspired by the 28th circle of latitude North of the equator, is this intimate café that offers a unique blend of hot and cold, fire and snow. The menu, inspired by the scenic views of snowy Ski Dubai, comprises dishes to ignite all your senses. Immerse yourself in an engaging gourmet experience with the table-side meat-torching technique, savour the aromas of the East and satisfy your cravings with hearty dishes from the West. Chef Anthony Reilly is at the helm of the kitchen, plating stunning dishes such as the N28 Grilled Breakfast complete with chicken Cumberland sausages, homemade corned beef hash cake and signature smoked tomato ketchup. For lunch, try the creamy local burrata paired with sweet roasted peaches, cured beef bresaola and a tangy balsamic glaze; the Harissa chicken on a bed of crushed homemade falafel mixed with couscous and vegetables and drizzled with a lemon yogurt; or one of the comforting homemade pies. When you do take a break from shopping, relish the elevated Eton mess – a spin on the classic featuring raspberry and earl grey infused cream stuffed into a meringue shell and smashed onto a plate. Those with dietary requirements can tuck into gluten-free and vegan options.

Contact +9714 409 4132.



Khyber, Dukes the Palm, A Royal Hideaway Hotel

The award-winning North Indian restaurant, Khyber, brings forth rich North Indian flavours to Dubai. Diners are in for a treat this month as Head Chef Faizan Ali has introduced a spectacular Summer set menu featuring aromatic curries and more, brimming with robust flavours. For a fun night out with family and friends, make your way down to Khyber for the Friday Bollywood Night featuring live music and a DJ playing classic tunes that you can sing along to.

The Summer set menu is available daily from 5-11pm at AED120 per person, with add-on unlimited two-hour house beverage package at AED120 and soft beverage package at AED50. The daily Friday Bollywood night from 7-11pm is priced at AED120 per person. Contact +9714 455 1101.

Photographs SUPPLIED

North28 Restaurant, Mall of the Emirates



AKA

Escape to The Pointe's west side for this hidden Japanese gem that showcases a delightful Pan Asian menu. AKA's newly launched evening brunch features a four-course menu brimming with the restaurant's best dishes. Whet your appetite with a house salad, Crispy baby squid and Creamy burrata, followed by a chef's selection of sushi. Entrées showcase Black cod, Spicy seafood noodles and the extremely popular Wagyu tenderloin. Brunchers can polish off their meal with decadent chocolate fondant and a mochi selection. The resident DJ sets the mood for the evening, with a mix of music genres for you to sway along to while taking in stunning views over the world's tallest fountains and Atlantis from the terrace.

Daily from 6pm to 1am. AED350 per person for the soft beverage package, AED550 for house beverages and AED890 inclusive of premium bubbly. Contact +9714 578 0555.



Positano, JW Marriott Marquis Dubai

All-you-can eat pizza? Yes, please. Be it a spontaneous dinner or an evening with friends, you can't go wrong with authentic Italian pizza. Head to Positano for a dining experience reminiscent of coastal Italian cuisine. The offer includes unlimited pizza topped with fine ingredients, from seafood and meat to vegetables and more.

Tuesday to Sunday from 6pm to 12am. AED95 per person or AED150 inclusive of a bucket of hops or a bottle of grape. Contact +9714 414 3000.

Al Safadi

Breakfast spots are aplenty in the UAE. But if you are looking for a fine Lebanese spread for a relaxed meal, look no further than Al Safadi. Enjoy fried eggs with cheese, tomatoes or tiny spiced sausage, Fatteh, Hummus with ground meat and pine nuts, Hummus Balila comprising chickpeas seasoned with cumin and garlic, Fresh creamy labneh and Grilled halloumi. The ever-popular Manakish is a must-try too, including zaatar (dried thyme), Akawi cheese, and Lahem beajine (minced meat).

Contact 600 500 601 or order via the Al Safadi app.



Sanderson's

Homegrown, family-friendly café Sanderson's, has opened its third branch at Al Khawaneej Walk. Founded by Sergio Lopez of The Pangolin, the brand is known for eco-friendly, feel-good, fresh food and a real community, family-friendly feel. The menu features breakfast, lunch, dinner and snacks options such as tropical smoothie bowls, traditional shakshuka, fresh homemade soups, salads and mains such as Pan roasted sea bass with zaatar crushed baby potatoes, pickled beetroot, yogurt, dill sauce and pine nuts.

Contact +9714 566 2582.





Cinque, FIVE Palm Jumeirah Dubai

This artisan Italian dining hotspot, helmed by award-winning head chef Giuseppe Pezzella, has reopened its doors. The newly revamped space showcases dark teal-colored walls, brass and green velvet finishes, and a stunning bar area. Inspired by the gentle waves of Amalfi with touches of sunny brass – it's the perfect spot for Italian dolce vita vibes with a glam twist. Dine inside or al fresco and relish highlights from the seasonally changing menus including tomahawk steak, daily selection of tartare, rare blue lobster and fettuccine al nero di seppia - squid ink fettuccine, sea urchins and spillo calamari or squid tagliatella. For something sweet, Sfera Ghiacciata and the infamous Nutella souffle are not to be missed. Live tunes by Dina Stars and soulful band, The Youngers complete the experience, making you feel as though you're on holiday by the Amalfi coast.

Contact +9714 455 9989.



Eataly

Renowned Italian food store and restaurant concept, Eataly, has re-opened its doors at The Dubai Mall. Shop from an extensive array of fresh, high-quality Italian ingredients, at the expansive in-store market, don an apron and book a cooking class at Eataly's very own culinary school, La Scuola, and savour Italian delicacies from the quick-service counters. Eataly's newly refurbished restaurant offers The Pasta Fresca Bar, showcasing a fresh pasta 'show' as the in-house pasta-makers transform simple ingredients into intricate pasta shapes, live for guests to see. Showcasing the true regionality from Rome is the Alla Palla, a well-loved street food speciality that comprises a crisp exterior pizza with a perfectly soft interior, topped with fresh ingredients.

Visit eatalyarabia.com.



Twice, Safa Complex

Dubai's latest casual dining experience is a hip-hop inspired eatery that combines music and urban flair with the city's never-ending love for burgers and pizzas. Joining forces with Emirati food connoisseur, Abdalla Juma (@Bod_Bod) to curate a vibrant, quirky menu, Twice redefines traditional burgers and pizzas with its extraordinary flavour combos and cooking techniques. Expect two unique comfort foods: Smash Burgers made with 100 per cent Wagyu beef, and Detroit Pan Pizzas; a light and fluffy squared deep-dish masterpiece with layered cheese and toppings. Unique flavours for Twice's Detroit-style pizzas include well known traditional favourites alongside Truffle burrata, Philly cheesesteak, White bronco (an all-white super cheesy dish), Okonomiyaki (a Japanese twist on a pizza) and Burger City; a burger-inspired pizza.







A SLICE OF THE ORIENT

Asil Dubai, Rixos Premium Dubai, Jumeirah Beach Residence offers an enchanting experience for diners





Imagine this: intoxicating aromas of Moroccan spices wafting through the air, the heritage of Beirut, the culture of Istanbul, and traditional Arabesque recipes with a contemporary twist. This is the dining experience that awaits guests at Asil Dubai. Sited at the heart of the bustling Jumeirah Beach Residence, Asil offers a touch of nostalgia with inventive bites and an artfully curated menu brimming with dishes that represent the past and present.

Whether you choose to sit indoors at the cosy yet expansive, welcoming space, at the lounge for an intimate evening with a bevy of friends or dine al fresco and impress family and friends with stunning views of Ain Dubai and Jumeirah Beach, you are in for a remarkable time. As you walk into the restaurant, your eyes instantly meet rich fabrics and antique décor inspired by Arabesque ambience. During the day, the restaurant is filled with natural light and come nighttime, it evolves into a spectacular nightlife space after dinner, with your gaze directed towards the stage for entertainment.

Begin your meal with an extensive selection of beverages from the famous districts of Beirut, Istanbul, Marrakesh and Casa Blanca, alongside authentic teas and coffees and a wide array of our mixologist's favourite cocktails. The sharing-style menu features over 30 dishes across starters, entrées and desserts, spoiling diners for choice upon every visit to Asil.

Whet your appetite with homemade mezze, the common thread between all three cuisines, starting with the Taktouka and Hummous, served on traditional Arabesque trays. If you're craving hot dishes, opt for the Cheese Briouat, Quail Egg Kebbeh and the Batata Harra. The Grilled King Prawns are a must for crustacean fans, alongside the Cökertme Kebab, Couscous Mechoui and the Vegetable tagine. Fresh off the grill, the Asil Kebab is a must-try, with hand-chopped lamb mixed with pastirma, and Antep pistachio rolled with lamb tenderloin.

Don't forget to save space for dessert! Classics including Ashtaliyeh, Turkish Kunefe and Havuc Baklava, and the decadent Chocolate Fondant with pistachio paste and pistachio ice cream, provide the perfect sweet ending to an indulgent meal.

Daily from 1pm-2am. Contact +9714 520 0055, WhatsApp +97152 160 0333 or email dine@asilrestaurant.com. Visit asilrestaurant.com.

Tried & tasted

Our top dining experiences this month



GOOSE ISLAND TAP HOUSE, FIVE JUMEIRAH VILLAGE

FIVE Jumeirah Village turns heads once again with the launch of Goose Island Tap House, a new entertainment and dining destination that's not to be missed. As soon as we pulled up, we caught a glimpse of the iconic Goose Island signage and excitedly made our way into the gastro pub. The buzzing hotspot features rustic, elegant décor and from the moment you walk in, an inviting and warm ambience. The venue's large open setting offers a social centrepiece bar, a gaming area with simulated golf and pool, big-screen TVs showing live sports, private screening booths and a remarkable Barrel Room specially created for beverage tastings.

The highlights:

We were shown to a charming cubicle towards the back of the venue, which became our base for the evening. Diving straight into the menu, we began with Confit duck croquettes with a drizzle of pomegranate molasses and Dijon aioli, garnished with more pomegranate and fresh coriander. The dish was not only pretty to look at but provided the perfect start to our evening. Next up, in our quest to find the best truffle pizza in the city, we ordered Goose Island's version of the same; and it included creamy ricotta, mozzarella, parmesan, truffle paste and shaved black truffles. We devoured every bit of it, until there was nothing but a few crumbs staring back at us.

The team of mixologists have gone all out with innovative concoctions. We highly recommend the fruity summer sips infused with melon, apples, lemon, peach, pineapples, cranberry, pear, lemongrass and mint. Alternatively, if you prefer deeper notes, opt for the rosemary, caramel, orange marmalade, honey and maple syrup blended beverages. And if you're looking for artisan hops, do treat yourself to the venue's tasting platter of fizzy brews.

We decided to go with our server's recommendation for mains. The Grilled king prawns with chilli-ginger, honey and pico de gallo was a sublime dish with perfectly balanced smoky, citrusy and fresh flavours. If you're a meat lover enjoying a signature beverage, we recommend the fall-off-the-bone, spirits-infused, non-halal ribs with Cajun fries and slaw.

Like us, if you decide to take a little break in between courses and sips, check out the setting's indoor gaming area. We had a go at the simulated golf, and a round of snooker, and it was just what we needed for that extra bit of fun.

No meal is complete without a dessert to satisfy that sweet tooth. We indulged in a decadent Mango pot de cream with hazelnut biscotti, fresh mango and a mango purée – a sumptuous end to an excellent evening.



The verdict:

A stylish gastropub concept with elevated food, a selection of unique beverages and a dedicated adult play area. Perfect for those after work tête-à-têtes and weekend get-togethers.

Book now:

Sunday to Wednesday from 4pm-2am, Thursday to Friday from 4pm-3am and Saturday from 12pm-2am. Call +9714 455 9989 or email fjvd.dining@fivehotelsandresorts.com. Visit jumeirahvillage.fivehotelsandresorts.com/meet-mingle/goose-island-tap-house-five-jumeirah-village.















FI'LIA, SLS DUBAI HOTEL & RESIDENCES

The vibrant district of Business Bay has a new addition. Make your way to the glamourous SLS Dubai Hotel & Residences, home to Fi'lia, a female-led restaurant that opened its first location in the Middle East, here in Dubai. Helmed by Chef Sara Aqel and her team of wonder women, Fi'lia celebrates a genuine approach to Italian cuisine with a hint of Mediterranean influence.

As we walked into the restaurant, which sits on the 70th floor, we were greeted by pleasant staff who took us through the enchanting venue to our table. Amidst the pastel décor and splashes of glamour, do stop to peek at the impressive copper pizza ovens at the middle of the venue and the live cooking station at the opposite end.

The highlights:

As we took our seats by the floor to ceiling windows, we couldn't help but marvel in awe at the vistas of Business Bay and beyond. A basket of freshly baked bread showed up to our table, and although we knew it would fill us up, we just couldn't resist.

The menu is designed to reveal a culinary story of recipes and traditions that were passed down through the generations of women. Broken down into three sections, it includes traditional Italian flavours from 'Nonna'; contemporary twists on classic dishes from 'Mamma'; and modern takes on generational masterpieces from 'Fi'lia' or daughter. We were blown away by the intricacies of the menu.

With plenty to choose from, we trusted our server for recommendations. Antipasti called for Mamma's creamy Burrata with fresh asparagus puree, tomato emulsion, rocket leaves and kalamata foam; and an explosion of flavours in the form of Vitello tonnato - slow-cooked veal with tuna foam and pickled pearl onions. A Sea bass carpaccio with green apple, grated radish salad, yuzu vinaigrette, extra virgin olive oil and bread chips followed. A light and bright dish encompassing all the flavours and zests of summer.

We decided to take our refreshing sips and wander out onto the terrace, offering views of the glittering Burj Khalifa and Downtown Dubai skyline. Infused with camomile, citrus, bergamot and mint, the crafted concoctions provided a welcome mid-course break. If you choose to dine al fresco, we can assure you the views won't disappoint.

For mains, my dining partner chose the Australian wagyu butcher steak with charred lemon and gremolata, with charred broccolini from the Fi'lia section; while I indulged in Nonna's Ravioli quattro formaggi with provolone, ricotta, Parmigiano and mozzarella, apple mandarin mostarda and robiola cream. The dishes were well portioned and cooked perfectly; however, if you prefer your steak seasoned well, do feel free to request for it.

One cannot visit an Italian restaurant and leave without a taste of the much-loved coffee-flavoured dessert. We treated ourselves to a bowl of Fi'lia Tiramisu with light mascarpone cream, savoiardi and bold flavours of espresso syrup. Lush and decadent, but also welcoming, it tasted like something you'd find in the warmth of an Italian home. If you have space for another dessert, try the fruity special, a Pavlova with coconut and passion fruit cream, mango gelato and coconut meringue.

The verdict:

Classic Mediterranean-Italian cuisine with a slightly modern twist. Fi'lia is a must-visit for not only good food but an incredible view too. An ideal spot for a date, a mid-week meal with the family or a weekend gathering with friends.

Book now:

Daily from 12:30-3:30pm and 6:30pm-12am. Call +9714 607 0770. Visit sbe.com/restaurants/filia/dubai or instagram.com/filiadubai.

BUDDHA-BAR, GROSVENOR HOUSE DUBAI

This buzzing establishment needs no introduction. Even though we've visited the venue a couple of times, it still has that mesmerizing effect when you enter. Our host was ready to guide us to the upper level of the venue, right after we were offered a welcome drink. By the time we arrived, the venue was full, with chatter in the air and diners swaying along to beats while tucking into generous portions of food sprawled around the table. The DJ, Violinist and Bongo player is to be credited for the lively ambience, belting out classic and commercial tunes, setting the mood for the 7th Heaven Brunch.

The highlights:

The Pan-Asian themed brunch features an extensive array of dishes that cover all aspects of the cuisines in four waves, split into sharing platters such as Tengoku (Heaven) Omakase platter, Sora (Sky), Yugen (Seen but not seen) and Kumo (Clouds), for desserts.

Minutes after we were seated, the first platter graced our table, showcasing fresh sashimi, Oysters with aji amarillo vinaigrette, Sushi rolls and slices of well-dressed Yellowfin tuna with moreish mango salsa, that lent just the right hint of sweet notes.

What arrived in the Sora (Sky) platter was one of our favourites, Lobster dumplings with a lip-smacking creamy chilli crab sauce. A pillowy bite with robust flavours, we were tempted to ask the chef for the sauce recipe, to recreate it at home. I'm not a huge fan of duck, but the tender, shredded meat dressed with hoisin, all stuffed into a comforting bao, was polished off in minutes. Even though the buns are served hot, you will want to sink your teeth into one as soon as they arrive.

In between courses, take a break to soak up the ambience while you sip on fruity and coffee-infused concoctions. You may find yourself getting up to dance and sing along to tunes, as we did.

From the Yugen platter, tuck into juicy Marinated king prawns. Grilled to perfection, the crustaceans were tossed in just the right amount of an umami-packed sauce, topped with mango salsa. The Wok-fried Australian beef tenderloin was prepared just the way we like (medium temperature) with Szechuan sauce adding a much-welcomed Asian twist. And for a delish fish course, relish the grilled miso salmon. To soak up the juices from these dishes, we helped ourselves to sides such as garlicky fried rice, wok-tossed vegetables, and a refreshing, spicy papaya salad that added a bit of crunch.

Dessert was an elaborate affair too, with a selection of ice creams, a decadent chocolate cake that I devoured, and mango pudding that my dining partner just couldn't get enough of.









The verdict:

The 7th Heaven Brunch is best experienced with friends and family. Great food, excellent quantities, and well-done beverages make this a Friday brunch to add to your list.

Book now:

AED450 per person for the soft beverages package, which can be upgraded to the hops and grape, or all-inclusive house packages for AED525 and AED625 respectively. Contact +9714 317 6000 or visit buddhabar-dubai.com for more information.

COOKING PROJECT

Vegetarian sausages

A traditional Welsh sausage, the Glamorgan is made with cheese, leeks and breadcrumbs. Our recipe makes 12 and freezes well, so serve some for a weekend brunch and freeze the rest for another time.

Glamorgan sausages

MAKES 12 **PREP** 30 mins plus at least 1 hr 30 mins chilling
COOK 20 mins **EASY** V

50g butter
2 large leeks, sliced
400g fresh fine white breadcrumbs
2 tsp thyme leaves
4 eggs, separated
400g caerphilly or mature cheddar, finely grated
1 heaped tbsp wholegrain or Dijon mustard, or 2 tsp English mustard
50g plain flour
100ml vegetable oil, plus a little extra if required

1 Melt the butter in a frying pan over a medium heat until foaming, then fry the leeks with a pinch of salt for 5-10 mins until soft. Leave to cool slightly.
2 Mix half the breadcrumbs, the thyme, egg yolks, cheese, mustard and a large pinch of black pepper in a bowl to combine. Stir in the leeks along with the butter in the pan and a pinch of salt, then bring together using your hands.
3 Mould into 12 sausages (divide and weigh for accuracy, if you like) using damp hands to stop them sticking. Transfer to a baking tray lined with baking parchment and freeze for 10 mins until firm, or chill for 30 mins in the fridge.
4 Meanwhile, whisk the egg whites in a shallow bowl with a pinch of salt until lightly foamy. Tip the flour and remaining breadcrumbs onto separate plates.
5 Dip the chilled sausages in the flour, then the beaten egg white and finally the breadcrumbs. Chill for at least 1 hr, or up to 24 hrs.
6 Heat the oven to 180C/160C fan/gas 4. Heat the oil in a non-stick frying pan over a medium-high heat and fry the sausages in batches, turning gently every minute for 4-6 mins until golden and crisp all over (add a little more oil between batches if needed). Transfer the fried sausages to a baking tray and bake for 10 mins until golden brown. *To freeze, put on a baking tray and leave to cool, then freeze uncovered until solid. Transfer to freezerproof containers and freeze for up to three months. Reheat from frozen in the oven at the same temperature as above for 25 mins or until piping hot.*

PER SERVING 316 kcals • fat 20g • saturates 9g • carbs 19g • sugars 2g • fibre 2g • protein 14g • salt 1g

TIPS

- **Breadcrumbs** Although most recipes use fresh white breadcrumbs, you can use any bread you have – some will add more flavour than others. Try wholemeal for a nuttier taste.
- **Cheese** Rich, gooey cheese is an important aspect of a Glamorgan sausage. Most recipes call for caerphilly or cheddar, but you can switch it up with gruyère or double gloucester.
- **Frying** Test the heated oil by adding a few breadcrumbs – if they bubble and turn golden brown straightaway, it's ready to use. Be sure to fry the sausages in batches so the pan isn't overcrowded. This ensures the sausages become crisp and golden brown on all sides, and means the oil will maintain a consistent temperature for even cooking.

Photographs ISTOCK/GETTY IMAGES PLUS, DAVID COTSWORTH



MYTH BUSTER

flipping meat

THE MYTH
YOU SHOULD TURN MEAT AS LITTLE AS POSSIBLE DURING COOKING

BARNEY SAYS 'This myth applies when barbecuing or pan-frying steaks, chops or burgers. It goes a little something like: "Cook the meat for 5 mins before flipping and giving it the same amount of time on the other side." Every time I've done this, it just doesn't seem right – one side browns beautifully, while the other sweats and never achieves the same crust on the second side. And, when you cut into the meat, the cooking is often uneven. So, when searing directly over hot coals or pan-frying individual cuts of meat, you're far better off if you turn the meat every minute or so to build up an even crust on both sides. This way, you'll have meat that's cooked a lot more evenly on both sides. You'll also look more impressive standing at the grill, completely in control!'

CLEVER KITCHEN HACKS

identically-sized muffins

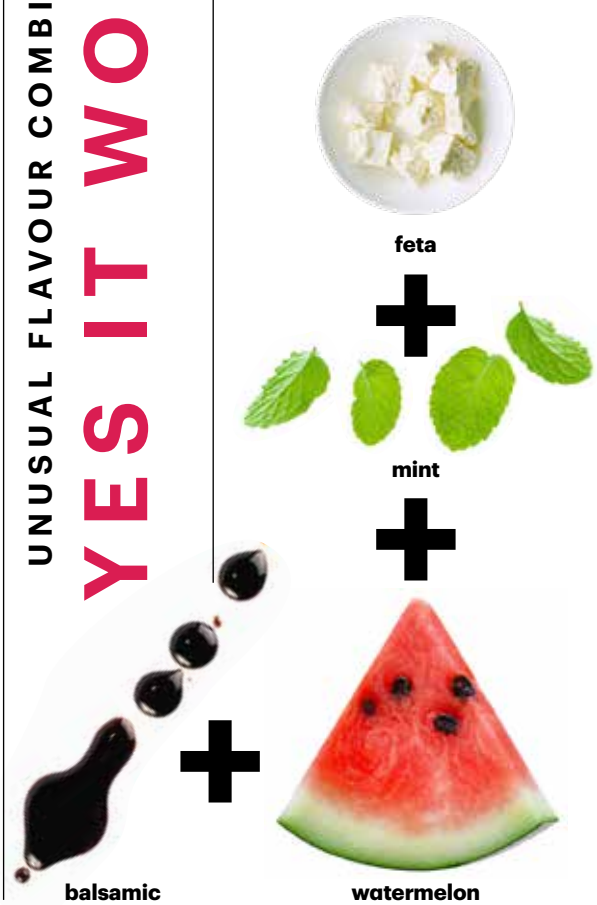
Use an ice cream scoop to portion muffin or cake batter into paper cases for even-sized cupcakes or muffins every time.



UNUSUAL FLAVOUR COMBINATIONS

YES IT WORKS!

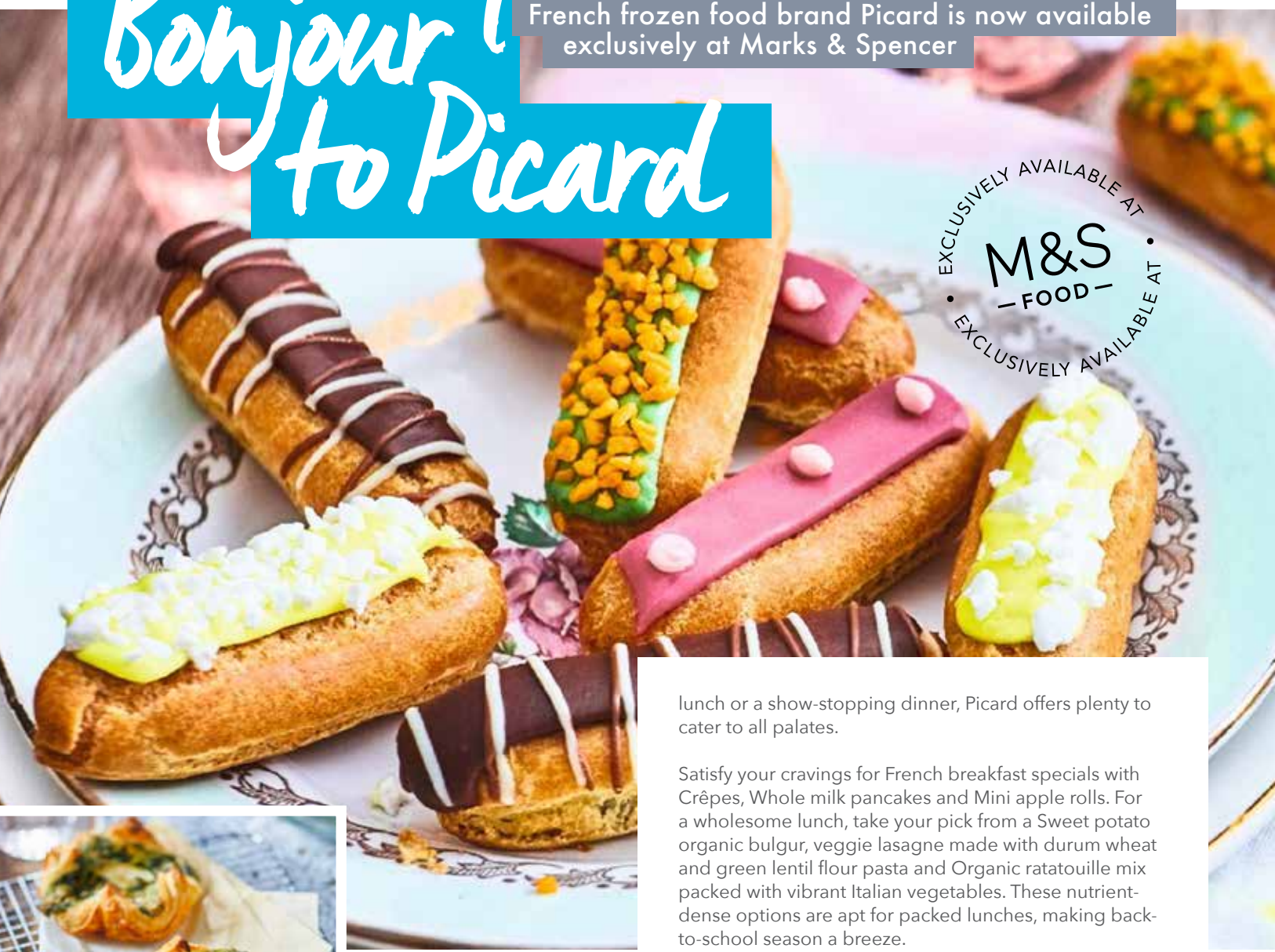
Each individual element of this combination screams summer, so why not put them all together in a delicious salad? The sweetness of the watermelon mixed with the salty feta, fragrant mint and tangy balsamic vinegar makes a cohesive, delicious dish.



With love from France
picard
A French brand since 1973

Say Bonjour to Picard

French frozen food brand Picard is now available exclusively at Marks & Spencer



There's nothing like a sumptuous French meal, be it for breakfast, lunch or dinner. Leading British retailer **Marks & Spencer,** operated by the Al-Futtaim Group, recently unveiled one of France's best-kept secrets, Picard, to truly elevate your at-home dining experience.

The renowned frozen food brand, established in 1973, has been a go-to shop for those looking to indulge in French flavours. The new collection features over 95 French meals, sides, canapés, desserts and bakery treats from Picard's customer favourites. Whether you're looking for delectable breakfast delights, mid-week lunch or a show-stopping dinner, Picard offers plenty to cater to all palates.

Satisfy your cravings for French breakfast specials with Crêpes, Whole milk pancakes and Mini apple rolls. For a wholesome lunch, take your pick from a Sweet potato organic bulgur, veggie lasagne made with durum wheat and green lentil flour pasta and Organic ratatouille mix packed with vibrant Italian vegetables. These nutrient-dense options are apt for packed lunches, making back-to-school season a breeze.

If you're feeling peckish, or need to prepare an after-school snack, reach for the Breaded mozzarella sticks, Goat's cheese and spinach pastry and/or Leek tarts made with crème fraiche, eggs and cream cheese.

As always, **Marks & Spencer** has kept dietary requirements in mind, offering Veggies sticks, Mashed potato topped with truffle and Plant-based meats that are easy to prepare for weeknight suppers. A French meal isn't complete without dessert, so don't forget the Chocolate fondant, Tarte Tatin, Raspberry tarte, a fine Chocolate pastry or 12 Tasty mini eclairs, for the ultimate French fix.

The Picard range is exclusively available at **Marks & Spencer** stores in Dubai Festival City, Mall of the Emirates, The Dubai Mall and Yas Mall in Abu Dhabi.

For more information, please visit **marksandspencerme.com**

easy

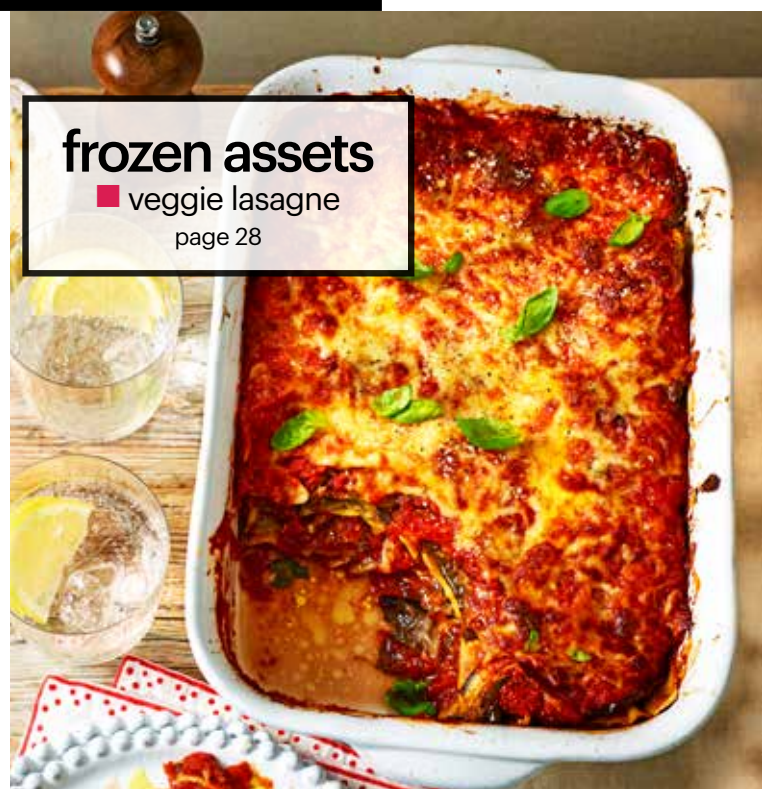
Delicious, simple, and easy-to-make recipes



15-minute meals

no-cook dinners

page 20



frozen assets

veggie lasagne

page 28



friday night treat

tex-mex salad

page 26



two ways

scones

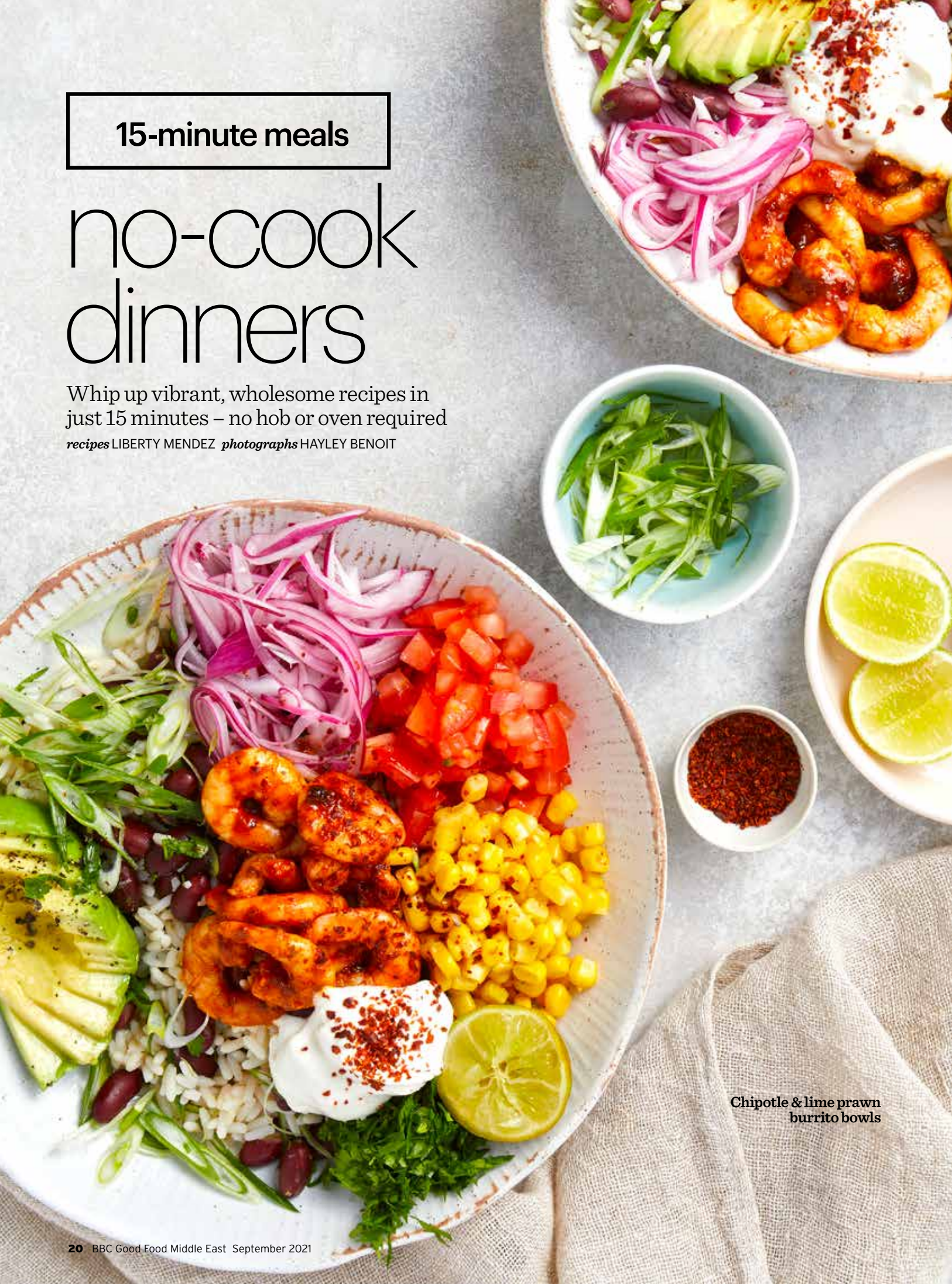
page 30

15-minute meals

no-cook dinners

Whip up vibrant, wholesome recipes in just 15 minutes – no hob or oven required

recipes LIBERTY MENDEZ *photographs* HAYLEY BENOIT



Chipotle & lime prawn burrito bowls

your shopping list

FRUIT & VEGETABLES
2 carrots
1 cucumber
150g sugar snap peas
2 small garlic cloves
thumb-sized piece of ginger
1 red chilli
2 red onions
4 spring onions
1 avocado
4 large tomatoes
2 small beetroots
200g radishes
80g baby spinach
60g rocket
2 small pears
2 limes
2 lemons

HERBS & SPICES
1 small bunch of coriander
1½ small bunches of mint
1 small bunch of parsley
½ small bunch of chives
½ tsp chilli flakes

STORECUPBOARD
250g leftover cooked rice
200g rice vermicelli noodles
100g couscous
2 tbsp unsalted peanuts
2 tsp honey
½ tsp caster sugar
2 tsp chipotle paste
250g pouch cooked grains
200g cooked puy lentils
1 tbsp Dijon mustard
400g can kidney beans ◆
198g can sweetcorn
130ml olive oil
1 tbsp rice wine vinegar
3 tbsp apple cider vinegar
2 tbsp balsamic vinegar

MEAT & FISH
125g cooked king prawns
4 thin slices of ham

DAIRY
2 tbsp low-fat crème fraîche
55g feta ◆
50g ricotta ◆

FROZEN
200g frozen peas

◆ Looking for clever ways to use up any of these leftover ingredients? **Turn to page 34**



Veggie vermicelli

Chipotle & lime prawn burrito bowls

SERVES 2 **PREP** 15 mins plus at least 1 hr pickling **NO COOK EASY**

1 red onion, finely sliced
2 tbsp apple cider vinegar
½ tsp caster sugar
250g leftover cooked rice
1 lime, zested and juiced, plus extra lime wedges to serve (optional)
4 spring onions, finely sliced
400g can kidney beans, drained and rinsed
198g can sweetcorn, drained
1 avocado, stoned, peeled and sliced
2 large tomatoes, finely chopped
2 tbsp low-fat crème fraîche
½ small bunch of coriander, roughly chopped
½ tsp chilli flakes (optional)

For the prawns

2 tsp chipotle paste
½ tsp honey
1 lime, zested and juiced
1 tsp olive oil
125g cooked king prawns

1 Mix the red onion with the vinegar, sugar and a pinch of salt. Cover and leave to pickle for at least 1 hr or overnight. To prepare the prawns, mix the chipotle paste, honey, lime zest and juice and oil together, then toss in the prawns until they're coated in the mixture.
2 Put the leftover rice in a large bowl and mix with the lime zest and juice, most of the spring onions and the kidney beans. Season lightly. Spoon the mixture into two shallow bowls.
3 Top the rice with the pickled red onions, spiced prawns, sweetcorn, sliced avocado, the remaining spring onions and tomatoes. Spoon the crème fraîche on top, then serve with the coriander and a sprinkling of chilli flakes, if you want it spicy. Serve the extra lime wedges on the side for squeezing over, if you like.

GOOD TO KNOW balanced • folate • fibre • vit c • 4 of 5-a-day • gluten free
PER SERVING 564 kcals • fat 18g • saturates 5g • carbs 70g • sugars 18g • fibre 14g • protein 23g • salt 1.7g

Veggie vermicelli

SERVES 2 **PREP** 15 mins **NO COOK EASY V**

200g rice vermicelli noodles
2 carrots, finely shredded
½ cucumber, peeled into ribbons using a vegetable peeler
150g sugar snap peas, halved at an angle
½ small bunch of coriander, finely chopped
2 tbsp unsalted peanuts, toasted and roughly chopped

For the dressing

3 tbsp olive oil
1 tbsp rice vinegar
½ tsp honey
thumb-sized piece of ginger, peeled and grated
2 small garlic cloves, grated
1 red chilli, finely sliced

1 Put the noodles in a heatproof bowl and cover with boiled water from the kettle. Leave for 3-5 mins to soften, then drain and plunge the noodles into a bowl of cold water to prevent them drying out. Set aside.
2 Whisk all the dressing ingredients with 2 tsp cold water in a small bowl and season lightly. Put the carrots, cucumber ribbons, sugar snap peas and half the coriander in a bowl, then toss with half the dressing.
3 Drain the noodles well, then toss with the vegetables. Divide between two plates, then top with the rest of the coriander and the peanuts. Serve with the remaining dressing on the side for drizzling over.

GOOD TO KNOW healthy • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 699 kcals • fat 24g • saturates 4g • carbs 100g • sugars 14g • fibre 8g • protein 15g • salt 0.2g



Balsamic feta & mint puy lentils

SERVES 2 PREP 5 mins
NO COOK EASY V

2 tbsp olive oil
2 tbsp balsamic vinegar
½ small bunch of mint, finely chopped, plus extra leaves to serve
55g feta, cut into cubes
200g frozen peas
200g cooked puy lentils
200g radishes, finely sliced

1 Whisk 1 tbsp of the olive oil with 1 tbsp of the balsamic vinegar and half the chopped mint. Stir in the feta, then set aside.
2 Put the kettle on to boil. Tip the peas into a large heatproof bowl, pour over enough boiling water to defrost them, then drain and return to the bowl. Put the lentils in a fine mesh sieve, pour over some boiling water to warm them, then drain and tip into the bowl with the peas.
3 Add the radishes and toss together with the remaining oil, vinegar and mint. Divide between bowls and top with the marinated feta. Grind over some black pepper, if you like.

GOOD TO KNOW balanced • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 448 kcals • fat 20g • saturates 6g • carbs 37g • sugars 10g • fibre 15g • protein 24g • salt 0.8g

Ham, cheese & pear salad

SERVES 2 **PREP** 15 mins
NO COOK EASY

100g couscous
2 tbsp olive oil
1 tbsp Dijon mustard
1 tbsp apple cider vinegar
1 tsp honey
80g baby spinach
60g rocket
2 small pears, cored, quartered and finely sliced
50g ricotta
½ small bunch of chives, finely sliced
1 lemon, zested
4 thin slices of ham, shredded

1 Tip the couscous into a heatproof bowl and pour over 140ml boiling water from the kettle. Cover and leave for 4 mins. Meanwhile, whisk the olive oil, mustard, vinegar and honey together in a bowl. Set aside.
2 Toss the spinach, rocket and pears with the dressing. Fluff the couscous with a fork, then mix into the salad while still warm (this will wilt the greens slightly). Divide between two plates.
3 Combine the ricotta and 2 tbsp water with most of the chives and the lemon zest. Top the salad with spoonfuls of the ricotta mixture, the ham and remaining chives. Finish with a grinding of black pepper, if you like.

GOOD TO KNOW balanced • low cal • calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 464 kcals • fat 18g • saturates 4g • carbs 53g • sugars 14g • fibre 6g • protein 20g • salt 1.6g





Beetroot tabbouleh

SERVES 2 **PREP** 10 mins
NO COOK EASY V

250g pouch cooked grains
2 small beetroots, peeled and quartered
small bunch of mint, leaves picked, plus extra to serve
small bunch of parsley, roughly chopped, plus extra to serve
2 tbsp olive oil, plus extra to serve
1 lemon, zested and juiced
2 tomatoes, finely chopped
1 red onion, finely chopped
½ cucumber, finely chopped

1 Put the kettle on to boil. Tip the grains into a fine mesh sieve, pour over a kettleful of boiling water, over the sink, leave to drain, then tip into a large bowl. Put the beetroot, most of the herbs, the olive oil, lemon juice and 5-6 tbsp cold water in a food processor and blitz until smooth. Season lightly, adding a splash more water to loosen if needed. Mix into the bowl of grains and stir until they are well-coated.
2 Toss the tomatoes, onion, cucumber and lemon zest into the grain mixture until combined. Season to taste. Divide between two plates, sprinkle with more herbs and drizzle with a little olive oil.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 422 kcals • fat 17g • saturates 3g • carbs 50g • sugars 12g • fibre 11g • protein 10g • salt 0.2g

friday night treat

tex-mex salad

Enjoy all the flavours of a taco night in this colourful bowl salad

recipe BARNEY DESMAZERY ***photograph*** TOM REGESTER



Taco salad

You can serve this as one big salad or in individual bowls. Just like a taco, you can make it your own and add whatever your favourite toppings are. Sliced radishes and jalapeños would work well, if you enjoy spicier flavours.

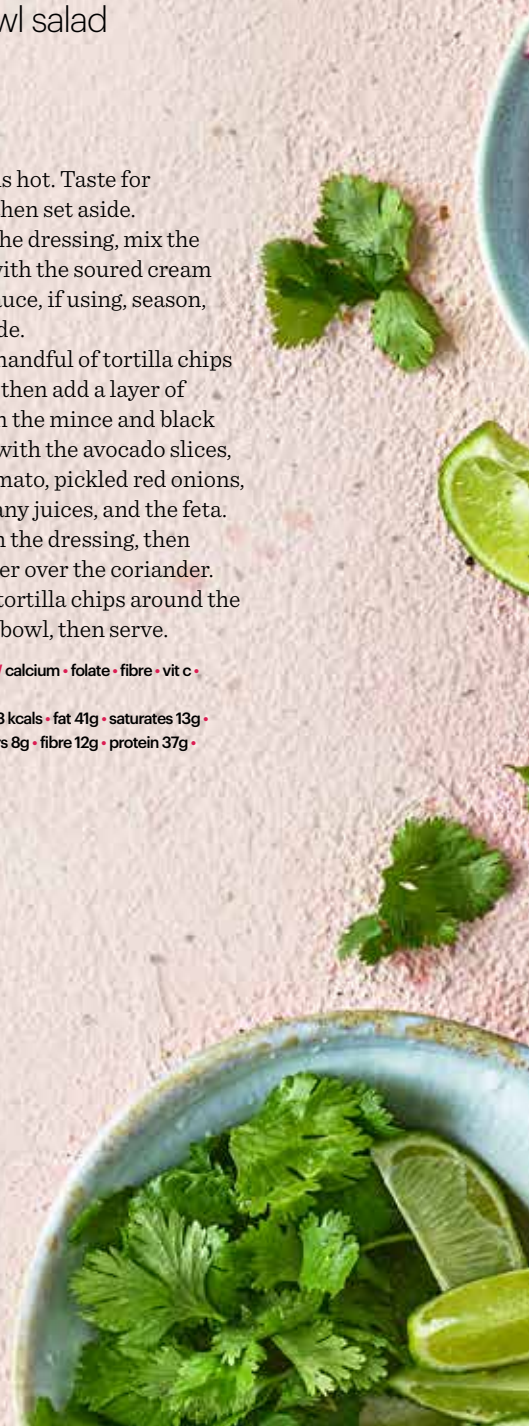
SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY**

1 red onion, sliced
1 lime, juiced
1 tbsp sunflower oil
400g lean beef mince
½ pack taco or fajita seasoning
1 tbsp tomato purée
400g can black beans, drained but not rinsed
200g tortilla chips
1 small Iceberg lettuce, shredded
2 avocados, peeled and sliced
2 tomatoes, chopped into chunks
100g feta, crumbled
small bunch of coriander, chopped or leaves picked

For the dressing
½ lime, juiced
5 tbsp soured cream
chilli sauce (optional), plus extra to serve

1 Mix the red onion with half the lime juice and a pinch of salt in a small bowl, then set aside.
2 Heat the oil in a frying pan over a medium-low heat, and crumble in the mince. Cook for 15-20 mins – the mince will release some liquid, but once this has bubbled away, it will sizzle in its own fat. At this point, stir or toss with a wooden spoon so the mince browns and caramelises all over. If the pan becomes too dry, add a drizzle more oil. When the mince is well toasted, sprinkle over the taco seasoning and cook for 2 mins, then stir through the tomato purée and pour over the rest of the lime juice and let it sizzle for another minute. Stir through the black beans and turn up the heat to medium, continuing to cook until everything is hot. Taste for seasoning, then set aside.
3 To make the dressing, mix the lime juice with the soured cream and chilli sauce, if using, season, then set aside.
4 Scatter a handful of tortilla chips into a bowl, then add a layer of lettuce, then the mince and black beans. Top with the avocado slices, chopped tomato, pickled red onions, along with any juices, and the feta. Drizzle with the dressing, then finally scatter over the coriander. Tuck more tortilla chips around the sides of the bowl, then serve.

GOOD TO KNOW calcium • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 733 kcals • fat 41g • saturates 13g • carbs 48g • sugars 8g • fibre 12g • protein 37g • salt 2.4g



Shoot director JACK HUNTLEY | Food stylist ELLIE JARVIS | Stylist HANNAH WILKINSON



frozen assets

veggie lasagne

Combine two Italian classics in this pasta bake that you can freeze before or after baking

recipe BARNEY DESMAZERY ***photograph*** JAMES LEE



Aubergine parmigiana lasagne

My parents made aubergine parmigiana to serve with lamb when I was a child, but I was always more interested in the cheese-and-tomato-topped, basil-spiked aubergines than I was the roast. When I started making it for my family, I wanted to turn it into a substantial meal while still keeping it meat-free. It evolved into this veggie lasagne that I batch-cook and freeze.

SERVES 6 **PREP** 30 mins
COOK 1 hr **EASY** V ❄

3 large aubergines, trimmed and thinly sliced lengthways
4 tbsp olive oil
250g vegetarian mozzarella, drained and coarsely grated
50g vegetarian Italian-style hard cheese, grated
1 bunch of basil, leaves picked and roughly chopped, plus extra to serve
8 dried lasagne sheets (egg lasagne sheets are best for this)

For the tomato sauce

2 tbsp olive oil
6 garlic cloves, finely sliced
¼ tsp golden caster sugar
1 tbsp red wine vinegar
3 x 400g cans chopped tomatoes

1 For the sauce, heat the oil in a large pan over a medium heat and fry the garlic for 1 min until golden. Add the sugar and vinegar, simmer for 30 seconds, then add the tomatoes. Season with salt and return to a simmer. Bubble for 10 mins, then remove from the heat and set aside. *Can be prepared up to two days ahead and chilled.*

2 Heat a griddle or large frying pan over a medium-high heat. Brush the aubergine slices on both sides with the olive oil and season with a little salt, then griddle in batches until the slices are softened and slightly charred (ensure the heat isn't too high or the aubergine will char before it softens). Transfer the cooked slices to a plate as you go.

3 To assemble, lay a third of the aubergine slices over the base of a rectangular or square gratin dish, then pour over a third of the sauce. Scatter with a small handful of both cheeses (you'll want to keep most of the cheese for the top) and half the basil, then top with half the lasagne sheets. Repeat once more, then finish with a final layer of aubergines topped with the rest of the sauce. Scatter over the remaining cheese. *After leaving to cool completely, the dish can be covered and chilled for up two days or frozen for up to three months. Defrost fully before cooking.*

4 Heat the oven to 200C/180C fan/gas 6. Put the dish on a baking tray and bake for 30 mins until the cheese is golden and the sauce is bubbling at the edges. Leave to cool for at least 10 mins, then scatter with the reserved basil and serve. *The cooked lasagne will keep frozen for up to three months, covered with foil. Defrost thoroughly, uncover and bake as stated above. Or to cook from frozen, bake at 180C/160C fan/gas 4 for 40 mins. Remove the foil, turn the oven up to 200C/180C fan/gas 6 and bake for a further 30 mins.*

GOOD TO KNOW fibre • vit c • calcium • 2 of 5-a-day
PER SERVING 466 kcals • fat 23g • saturates 9g • carbs 41g • sugars 12g • fibre 7g • protein 20g • salt 0.6g

Shoot director CLOE-ROSE MANN | Food stylist TAMARA VOS | Stylist LUIS PERAL



FRIDGE RAIDERS

Aside from freezing well, this dish can easily be reheated from chilled. It is as good (if not better) served warm rather than piping hot, so is a great option for busy weekdays when different members of the family can raid the fridge and help themselves as and when it suits.

TWO WAYS

SCONES

Two members of the Good Food cookery team reinvent this staple of afternoon tea

recipes LIBERTY MENDEZ *and* ESTHER CLARK *photographs* JONATHAN GREGSON



Inspired by New York lox bagels, this scone has a seeded topping for crunch, while onion-and-chive soft cheese complements the smoked salmon.

esther

'I love scones in all forms, but if I had to choose, I'd opt for a savoury one. I like to make a basic scone dough, then mix and match the toppings and flavourings. This one is inspired by lox bagels – smoked salmon, a seeded topping and spring onion soft cheese.

The key to a good scone is not overworking the mixture – you'll need a light touch to achieve the ideal, airy texture.'

Esther Clark, deputy food editor

liberty

'I've combined two of Britain's best-loved sweet treats: a classic scone and a bakewell tart. I've used all the tips and tricks I learned at catering college to elevate these teatime favourites to something really special. They have subtle almond flavour, the crunch of flaked almonds and lashings of raspberry jam and clotted cream.'

Liberty Mendez, recipe developer



If you can't decide between a bakewell tart or a scone, combine the two! A combination of almond extract and flaked almonds give these scones that characteristic flavour.

Bakewell tart scones

MAKES 6 **PREP** 20 mins
plus at least 30 mins chilling
COOK 15 mins **EASY** V ❄

350g self-raising flour, plus extra for dusting
1 tsp baking powder
3 tbsp caster sugar
95g cold unsalted butter, cut into cubes
150ml whole milk
2 tsp almond extract
1 egg, beaten
2 tbsp flaked almonds
raspberry jam and clotted cream, to serve (optional)
For the topping
50g icing sugar
6 glacé or maraschino cherries

1 Mix the flour, 1/4 tsp salt, the baking powder and sugar together in a bowl. Rub the butter in using your fingertips until the mixture resembles fine breadcrumbs. Or, gradually pulse the ingredients together in a food processor.
2 Gradually stir the milk and almond extract into the flour mixture using your hands until you have a smooth dough. Lightly dust the work surface with flour and gently roll the dough out to a 2cm thickness. Transfer to a baking tray lined with baking parchment and chill for 30 mins to firm up, or up to 1 hr if you want to get ahead.
3 Heat the oven to 220C/200C fan/gas 7 and remove the dough from the fridge. Stamp out three or four scones using a 7cm round cutter. Place, upside-down, on a baking sheet lined with baking parchment, leaving a 2cm gap between each. Roll the remaining dough out again and stamp out as many scones as you can (you should get about six in total). Brush the scones with the beaten egg, making sure it doesn't drip down the sides as this will cause the scones to rise unevenly. Sprinkle over the flaked almonds. Bake for 15-20 mins until golden brown. Leave to cool completely. *Will keep frozen in an airtight container for up to three months.*
4 For the topping, mix the icing sugar with 1-2 tbsp water. Drizzle over the scones and top each one with a cherry. These are delicious to eat as they are, or serve with jam and clotted cream, if you like.

PER SCONE 482 kcals • fat 18g • saturates 10g • carbs 68g • sugars 20g • fibre 2g • protein 9g • salt 1g

Seedy scones with smoked salmon

MAKES 6 **PREP** 25 mins
COOK 20 mins **EASY** ❄

225g self-raising flour, plus extra for dusting
½ tsp baking powder
140g cold butter, chopped
150ml cold milk
4 tsp white and black sesame seeds
1 egg, beaten
150g soft cheese
1 spring onion, finely sliced
1 tbsp chopped chives
100g smoked salmon
capers and dill fronds, to serve (optional)

1 Heat the oven to 220C/200C fan/gas 8 and line a baking sheet with baking parchment. Tip the flour, 1/2 tsp salt and baking powder into a bowl and stir to combine. Rub the butter in using your fingertips for around 5 mins until the mixture resembles breadcrumbs. Quickly stir in the milk using a cutlery knife. Bring the mixture together with your hands, then knead briefly on a lightly floured surface and form into a ball (be careful not to overwork the dough). Flatten the dough into a 16cm circle, then cut into eight triangles. Transfer to the prepared baking sheet.
2 Mix the sesame seeds and a grind of black pepper together in a small bowl. Brush the scones with the beaten egg, then sprinkle with the seed mixture and a pinch of sea salt flakes. Bake for 18-20 mins until cooked through. Leave to cool on a wire rack until just warm. *To freeze, leave to cool completely, then pack into food bags and freeze for up to three months.*
3 Combine the soft cheese with the spring onions and chives. Serve the scones slightly warm with the soft cheese mixture and smoked salmon, with some capers and dill fronds scattered over, if you like.

PER SCONE 444 kcals • fat 30g • saturates 18g • carbs 31g • sugars 2g • fibre 2g • protein 11g • salt 2g

Shoot director JACK HUNTLEY | Food stylist ESTHER CLARK | Stylist AGATHÉ GITS

Cream of Europe

Rise to the top
with French Cream

CITRUS BABA

by Claire Heitzler

USING FRENCH CREAM

"French dairy cream brings lightness to all my preparations, it is smooth, foamy and it enhances the other ingredients in my recipes"

Prep time: 2 hours
Rest time: 2 hours
Cook time: 25 mins
Makes: 20

For the dough
300g flour
105g salted butter, cubed
13g dry yeast
13g honey
3g salt
288g eggs

In the bowl of a stand mixer, add the flour, butter, yeast, honey, salt and half of the eggs. Combine using the lowest speed until the butter is softened. Then, gradually add the rest of eggs and finish mixing thoroughly at a high speed until the mixture thickens. Let the dough proof until it has almost doubled in size (approx. 1 hour). Once proofed, fill the baba moulds with the dough. Allow to double in size again and bake at 60°C for 25 minutes.

For the syrup
225g sugar
450g water
450g freshly squeezed orange juice
45g lemon slices
25g orange slices
Seeds of 1 vanilla pod

Make a syrup, strain. Soak the babas at 60° C. In a small saucepan, bring the sugar, water, orange juice, citrus slices and vanilla to a boil. Using a sieve, strain the liquid so you're left with a syrup. Once the syrup has reached 60°C, pour it over the babas and leave to soak for at least one hour.













For the citrus marmalade
250g clementines
250g grapefruit
150g sugar
Seeds of ½ a vanilla pod

Peel and finely dice the citrus. Add to a saucepan, then add the sugar and the vanilla seeds and simmer over a low heat until all the liquid has evaporated.

For the whipped cream
450g 35% French cream
50g mascarpone
50g sugar
Seeds of 1 vanilla pod

Mix all the ingredients together and whip the French cream.

For garnishing
10 clementines
5 oranges
5 grapefruits
5 kumquats
10 candied kumquats
Zest of 1 lime

Cut the clementines, oranges and grapefruits into supremes. Then, the kumquats into thin slices and cut the candied kumquats in half. **(1)** Divide the fresh fruit equally between serving plates and arrange. **(2/3)** Place each baba in the centre of a plate and drizzle the citrus marmalade over the top. **(4/5)** Place a rosette of whipped cream on top of each baba and garnish with ½ a candied kumquat and a **(6)** sprinkling of lime zest.

The content of this media represents the author's point of view only and is the sole responsibility of the author. The European Commission is not responsible for any use that may be made from the information contained herein.

CAMPAIGN FINANCED
WITH AID FROM
THE EUROPEAN UNION

ENJOY
IT'S FROM
EUROPE

reduce waste

use your leftovers

Make the most of any surplus ingredients using these clever and quick ideas



IDEAS FOR

Custard

• **Seasonal pavlova** Fold custard through mascarpone, then spoon over a pavlova along with seasonal fruit. (Try our 'perfect pavlova', above, on *bbcgoodfoodme.com*.)
• **Quick fruit fool** Whisk **double cream** with **icing sugar** and fold through some **custard**. Gently fold in a **compote of your choice** (gooseberry, rhubarb or mango & lime work well) so the mixture has a rippled effect. Spoon into glasses and chill.
• **Dulce de leche ice cream lollies** Blitz **custard** with **natural yogurt** and **icing sugar** along with a **spoonful of dulce de leche** to combine. Pour into lolly moulds and freeze until solid.

Capers

If you made the seedy scones with smoked salmon

• **Caper butter sauce** Fry **1-2 tbsp capers** in **butter** until the butter turns golden brown and smells nutty. Stir in the **juice of ½ lemon**. Pour the sauce over pan-fried fish, such as dover sole or plaice.
• **Fridge-raid salsa verde** Blitz **soft herbs** (parsley, coriander or basil) with **1-2 tbsp capers**, **Dijon mustard**, **red wine vinegar** and **olive oil**.
• **Mustardy mayonnaise** Mix **roughly chopped capers** with **mayonnaise**, **wholegrain mustard** and **tarragon**. Serve with roast chicken and chips or in fish finger sarnies.





MIDWEEK MAGIC

Don't waste anything after making your weeknight dinners

MAKE MORE OF
ricotta

Frittata
Make a standard frittata extra-cheesy by adding a spoonful of ricotta to the mixture. Or, try our ricotta, broccoli & new potato frittata (above) on *bbcgoodfoodme.com*.

Pancakes
Substitute some of the milk in the batter for ricotta. If you like, you can also add some lemon zest to give the pancakes a zesty hit of flavour.

Icing
Spoon the ricotta into a square of muslin, tie into a parcel and drain over a colander in the sink. Whip the drained ricotta with some icing sugar and lemon zest for a delicious topping for carrot cake.

Ricotta dip
Beat the ricotta with lemon juice using an electric whisk until smooth. Season, tip into a bowl and drizzle with olive oil.

HOW TO USE
half a pack of feta

Remove leftover feta from its packaging and store in a reusable container in the fridge.

- **Tahini & feta toast**
Spread **tahini** over **toast**, top with **crumbled feta** and drizzle with **honey**.
- **Feta & fruit bowl**
Crumble **feta** over soft fruits of your choice, such as **sliced melon, peaches or nectarines**.
- **Honey-baked feta**
Put the feta on a sheet of foil, drizzle with **olive oil** and top with a **rosemary sprig** and **honey**. Wrap in the foil and bake at 200C/180C fan/gas 6 for 15 mins. Serve hot with **crusty bread or pittas**.



WHAT TO DO WITH
half a can of kidney beans



Tip the kidney beans into a reusable container and chill until needed. You should use the beans within three days.

Refried beans
Fry **1 crushed garlic clove** with **1 chopped onion**, tip in the **kidney beans**, **1 tsp each ground cumin** and **ground coriander** and 100ml water. Simmer until soft. Roughly mash or blitz.

Spicy bean jacket
Mash the **kidney beans** lightly, then mix with **25g grated cheddar** and **a splash of chilli sauce**. Serve over a baked potato.

Other serving ideas:
Turn a bowl of **vegetable soup** into a hearty meal by adding kidney beans to it, or make steamed rice a bit more filling by mixing in kidney beans while fluffing the rice using a fork. Serve the **rice & beans** alongside your main.

GOOD FOOD & SUSTAINABILITY
At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

weeknight pudding

strawberries & cream

Make the most of juicy, seasonal berries in this quick dessert - a great way to use up a glut

recipe LIBERTY MENDEZ *photograph* TOM REGESTER

Quick cheat's strawberry mousse

This sweet treat ticks all the boxes: it's fruity, creamy and very easy to make. A silky mascarpone and strawberry layer is complemented by a tangy compote, crunchy ginger biscuits and pistachios.

SERVES 4-5 **PREP** 20 mins
COOK 5 mins **EASY** V

500g strawberries, hulled and halved, any larger ones quartered
1 lemon, zested and juiced
100g caster sugar
150ml mascarpone
300ml double cream
1 tbsp vanilla bean paste
To serve
4 gingernut biscuits, crushed
small handful of pistachios, roughly chopped (optional)
freeze-dried strawberries, crushed (optional)

1 Put the strawberries, lemon juice, sugar and 2 tbsp water in a large pan over a medium heat and cook for 5 mins until the fruit has softened. Scrape into a bowl leave to cool. Tip 300g of the mixture into a blender (reserve the rest for later), blitz until smooth and sieve into a jug.
2 Whisk the mascarpone in a large bowl to soften, then add the double cream, vanilla bean paste and lemon zest, and whisk again until just starting to thicken. Fold in the blitzed, sieved strawberry purée to combine – it will thicken a bit more. Alternatively, swirl it through so you have layers of compote going through the mousse. *Will keep chilled for up to a day.*
3 Spoon or pipe the mousse into glass tumblers and top with the reserved strawberry compote, the gingernut crumbs, pistachios and dried strawberries, if you like.

GOOD TO KNOW folate • vit c • 1 of 5-a-day • gluten free
PER SERVING (5) 553 kcals • fat 46g • saturates 29g • carbs 30g • sugars 30g • fibre 4g • protein 3g • salt 0.1g

gf tip
If you like, whisk some syrup from a jar of stem ginger into the mousse mixture with the cream, vanilla and lemon zest for a little kick of heat.



Shoot director JACK HUNTLEY | Food stylist ROSIE REYNOLDS | Stylist AGATHE GITS

WEEKEND

Mouthwatering dishes to dig into with your family and friends



Enjoy the best of the Med, p38



Summer's finest, p50



Tonight's special, p61




Enjoy the best of



Big barbecue chicken kebab, thyme & oregano chips, tzatziki & fluffy pittas

The Med

This sun-drenched region has it all – culture, golden sandy beaches, sparkling blue seas and fabulous food. Some of the best dishes are the simplest, and we want to help you recreate them at home. Have a go at making our versions of these classic dishes and be transported to that seaside taverna, bustling trattoria or buzzing piazza

recipes BARNEY DESMAZERY, ESTHER CLARK, LIBERTY MENDEZ and CASSIE BEST *photographs* JONATHAN GREGSON

Big barbecue chicken kebab

If you're barbecuing for more than four people, it's easier to do one big carveable joint or kebab rather than individual bits that take up too much attention. The joy of this is, once it's cooked, you can enjoy it with everyone else without having to head back to the barbecue to flip a few more burgers. You may just want to grill some extra halloumi for any veggie guests – all the sides are vegetarian, too.

SERVES 6-8 **PREP** 40 mins plus at least 1 hr marinating **COOK** about 1 hr **MORE EFFORT**

12 boneless, skinless chicken thighs

For the marinade

500g Greek yogurt
2 lemons, juiced, ½ lemon zested
100ml olive oil
4 garlic cloves, very finely grated or crushed
1 tbsp each ground coriander, ground cumin and sweet paprika
1 tsp each dried oregano, dried thyme, cayenne pepper and crushed black pepper
½ tsp ground cinnamon

To serve

2 red onions, halved and finely sliced
4 tomatoes (plum work well) halved and sliced

1 First, whisk all the marinade ingredients together with 1 tsp salt in a large bowl or, better still, a large plastic container that has a lid. Open out each chicken thigh, cover with a piece of baking parchment and flatten it with your hand, then lift off the paper and cut the thigh in half. Tip into the marinade and mix so it's completely coated. Cover, chill and marinate for at least 1 hr or up to 24 hrs – the longer, the better.

2 Thread all the chicken onto two skewers so that both skewers go through each piece of meat, packing down tightly as you go to make a compact kebab (see tip, right)

3 Light a lidded barbecue, and let the flames die down. Once the coals have turned ashen, pile them up on one side with a single layer of coals scattered around the other side. Lay the chicken kebab on the side of the barbecue with only a few coals underneath. Put the lid down and cook for 45 mins, turning every 15 mins. To finish, lift the lid and roll the kebab over to the hotter side to char the meat, turning it every few minutes until well browned and cooked through. Prise the chicken pieces apart in the centre to check they're cooked, or use a digital cooking thermometer – it should read 70C or more. Leave to rest for 5-10 mins while you cook the pittas (see recipe, opposite). Bring the kebab to the table and carve into thin slices with a serrated knife. Pile the carved meat into the warm pittas, then the sliced red onions and tomatoes, chips and tzatziki (see our recipes, below and right).

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 368 kcals • fat 27g • saturates 8g • carbs 10g • sugars 8g • fibre 3g • protein 21g • salt 1.2g

gf tips

• COOK IT IN THE OVEN
Heat the oven to 220C/200C fan/gas 8. Sit the kebab across a roasting tin so it is suspended, or rest a wire rack over a roasting tin and place the chicken on top. Cook for 45-55 mins or until cooked through.

• ADD ONION
Threading the chicken onto the two skewers at once can be a bit fiddly. To hold the skewers in place, you can start and finish with something more solid like half an onion or a thick slice of potato.

Thyme & oregano chips

This makes enough to add to the wraps, but if you want them as a side as well, make more.

SERVES 6-8 **PREP** 5 mins **COOK** 30 mins **EASY** **V**

600g frozen French fries
2 tbsp olive oil
1 tsp dried oregano
1 tsp dried thyme
½ tsp garlic granules
large pinch cayenne pepper (optional)

1 Heat the oven to 240C/220C fan/gas 7 with a sturdy baking tray in it. Toss the frozen fries in a bowl with all the other ingredients and a large pinch of salt until evenly coated.

2 Spread the fries over the baking tray and cook for 15 mins until starting to turn golden, then use a spatula to turn them and bake for 15-20 mins more until golden and crisp – watch them for the last few minutes to ensure they don't burn.

PER SERVING 130 kcals • fat 7g • saturates 1g • carbs 15g • sugars 0.1g • fibre 1g • protein 1g • salt 0.2g



Tzatziki

Used both as a dip or a sauce to go alongside barbecued meats, a small shop-bought tub of tzatziki is never enough – and it's so easy to make your own.

SERVES 6-8 **PREP** 15 mins
NO COOK EASY V

1 large cucumber, peeled, halved and deseeded
500g Greek yogurt
1 small garlic clove, crushed or finely chopped
3 tbsp white wine vinegar
2 tbsp olive oil
small handful mint leaves or dill sprigs, finely chopped

1 Coarsely grate the cucumber along the length to create long strands, tip into a sieve set over the sink or a bowl, mix in a large pinch of salt and set aside for 10 mins. Tip the yogurt, garlic, vinegar and olive oil into a bowl and season with black pepper. **2** Squeeze as much liquid out of the cucumber as you can using your hands, then stir through the yogurt mixture along with the mint, taste for seasoning and serve. *Can be made a day ahead and chilled – just give it a good stir before serving.*

GOOD TO KNOW gluten free
PER SERVING (8) 116 kcals • fat 9g • saturates 5g • carbs 4g • sugars 3g • fibre none • protein 4g • salt 0.1g

Fluffy pittas

There are two types of pitta – the Middle Eastern style that you find in the shops, and these fluffy Grecian ones that are harder to come by. They really do add the finishing touch to these kebabs, and are well worth making yourself. The thyme is optional.

MAKES 8 **PREP** 20 mins plus 1 hr rising **COOK** 40 mins **EASY V**

500g strong white bread flour, plus extra for dusting
7g sachet fast-action dried yeast
1 tbsp caster sugar
2 tsp fresh thyme leaves (optional)
200ml milk
1 tbsp olive oil, plus a little extra for proving and brushing

1 A few hours before you want to eat, make the dough. Mix the flour, yeast, sugar, thyme, if using, and 2 tsp salt in a bowl with your fingertips. Pour over the milk, olive oil and 100ml lukewarm water and, still using your fingers, combine to make a dough. Tip onto a work surface and knead for 8-10 mins (or blitz in a stand mixer for 5 mins). Clean, then lightly oil a bowl, put the dough in the bowl and cover with a tea towel. Leave to rise for 1 hr or until nearly doubled in size. If you want to give yourself more time, the dough will take longer to rise in the fridge (at least 2 hrs). **2** Divide the dough into eight equal pieces. One at a time, on a lightly floured surface, roll out to circles about 20cm wide, then brush with a little more olive oil and cook on the hot side of the barbecue for 2-3 mins on each side until puffed up and blistered. Alternatively, heat a frying pan or griddle (or two if you can) over a medium-high heat and cook, one by one in each pan, until bubbles appear on the surface after 1-2 mins. When the underside is golden, flip and cook for another 2-3 mins. Continue until all the pittas are cooked, wrapping them in foil as you go to keep warm.

PER SERVING 273 kcals • fat 3g • saturates 1g • carbs 51g • sugars 4g • fibre 2g • protein 9g • salt 1.2g

Gnocchi pomodoro

This is a classic no-frills Italian dish. A good pomodoro (tomato) sauce is cheap and delicious and can be tossed with any pasta shape from rigatoni to spaghetti. Here, we've served it with fluffy pillows of gnocchi. To ensure featherlight gnocchi, don't overwork the dough, use the wrong potatoes or cook them the wrong way – roast the potatoes first to extract moisture. For instant comfort, these gnocchi can be cooked from frozen, too.

SERVES 6 **PREP** 40 mins
COOK 1 hr 25 mins
MORE EFFORT V ❄

rock salt, for the tray
1.5 kg Maris Piper potatoes
375g pasta flour, plus extra for dusting
1 medium egg, lightly beaten
semolina, for dusting

For the sauce

3 x 400g cans chopped tomatoes
3 tbsp extra virgin olive oil, plus drizzle to serve
1 onion, finely chopped
1 garlic clove, crushed
¼ tsp chilli flakes
1 tsp sugar
bunch of herbs, tied together (oregano, thyme and bay all work well)
handful of basil, leaves picked and torn
ricotta salata, pecorino or vegetarian alternative, finely grated, to serve

1 Heat the oven to 220C/200C fan/gas 8. Tip a layer of rock salt onto a baking tray and sit the potatoes on top. Roast for 50 mins-1 hr or until tender when a cutlery knife is inserted. Leave to cool for 10 mins, then peel off the still warm skins. Pass the potatoes through a ricer or push through a sieve using a spoon onto a work surface, then leave to cool. Add the flour, egg and ½ tsp salt to the potato and gently bring everything together using your hands until you have a uniform dough – don't overwork it. Divide the dough into four. Roll each piece into a long sausage on a lightly floured surface to around 2cm in diameter. Cut each one into 1.5-2cm nuggets. You can keep them like this or roll ridges onto to them with the back of a fork or a ridged pasta paddle. Set aside on a baking sheet dusted with semolina.

2 For the sauce, blitz the canned tomatoes using a jug blender or hand blender. Heat the oil in a large pan over a low-medium heat, then add the onion and a pinch of salt and fry for 10-15 mins until softened and translucent. Tip in the garlic and chilli and cook for 1 min, then add the sugar, blitzed tomatoes and herbs, and bring to a simmer. Cook, uncovered, for 20 mins, stirring regularly. Season to taste.

3 Bring a large pan of lightly salted water to the boil. Add the gnocchi in two batches and cook for 2-3 mins or until they bob to the surface. Drain the gnocchi in a colander, then toss in the pan with the tomato sauce. Spoon onto a large sharing plate, then top with the basil, grated cheese and a drizzle of olive oil. *You can open-freeze the gnocchi on trays, then store in sandwich bags for up to three months, which can then be cooked for 3-5 mins from frozen.*

GOOD TO KNOW healthy • low fat • fibre • vit c • 2 of 5-a-day
PER SERVING 545 kcals • fat 8g • saturates 2g • carbs 99g • sugars 12g • fibre 10g • protein 15g • salt 0.4g

TWIST IT

- **FRY IT** *Once boiled, drain your gnocchi and fry them gently in butter until golden brown. Fry some sage leaves, too, and serve both with any leftover butter from the pan.*
- **ADD HERBS** *You can add finely chopped herbs, wild garlic or even wilted, drained and blitzed spinach to your gnocchi dough for a green twist. Just mix into the potato along with the flour, egg and salt in step 1.*
- **BATCH COOK** *Make a double batch of the pomodoro sauce and gnocchi and freeze half for another time. The sauce works well in other dishes like aubergine parmigiana, lasagne or polpette.*



Calamari & aïoli

Crisp deep-fried squid rings with garlicky aïoli are eaten all over the Med, and they make a lovely starter or nibble to serve with drinks in the garden on a balmy summer evening. The key to making the crispiest calamari is hot oil and a good dry coating. Give it a go – it's easier than you think.

SERVES 4-6 **PREP** 10 mins
COOK 10 mins **MORE EFFORT**

500g squid, tubes and tentacles, cleaned
vegetable oil, for deep-frying
50g plain flour
50g cornflour
¼ tsp baking powder
pinch of cayenne pepper
For the aïoli
150g mayonnaise
1 large garlic clove, finely grated
pinch of saffron
½ lemon, juiced

1 Cut the tentacles off the squid and put in a bowl. Slice the squid tubes into roughly 1cm thick rings and add to the bowl. Heat the oil in a large heavy-based pan over a low heat, ensuring it is no more than two-thirds full.

2 For the aïoli, mix the mayonnaise, garlic, saffron and lemon juice in a small bowl. Set aside.

3 Toss the squid with the flour, cornflour, baking powder, cayenne and ½ tsp salt. When the oil has reached 170C on a thermometer, or when a cube of bread is dropped in and turns golden brown in 30 seconds, deep-fry the squid in batches for 2 mins, or until lightly golden and crisp. Set aside on a tray lined with kitchen paper. Serve the fried squid with the aïoli on the side for dipping.

PER SERVING (6) 388 kcals • fat 30g • saturates 3g • carbs 15g • sugars 1g • fibre 0.4g • protein 14g • salt 0.7g

TWIST IT

- **PEP UP YOUR AÏOLI**
You could add lime juice and chilli sauce to your aïoli instead of saffron and lemon juice, or try stirring some chipotle or harissa through it for a spicy twist.

- **FRITO MISTO**
Try swapping out half the squid and replacing with prawns, mussels or chunks of white fish.



Mini cherry clafoutis

A clafoutis is a French baked dessert with a creamy base and sharp cherries, served warm. Here, we've served it in individual portions with scoops of vanilla ice cream.



MAKES 6 **PREP** 10 mins plus 10 mins resting **COOK** 25 mins
EASY V

150g caster sugar
50ml kirsch or cherry juice
225g cherries, pitted and kept whole
¼ tsp almond extract (optional)
2 large eggs and 2 egg yolks (freeze the whites for another recipe)
200ml double cream
45g plain flour
butter, for the dishes
1 tbsp icing sugar
vanilla ice cream, to serve

1 Simmer 50g of the caster sugar and the kirsch or juice together in a pan over a medium heat until the sugar has dissolved. Stir in the cherries and simmer for 1-2 mins until softened slightly and you have a syrup. Pour into a bowl and set aside to cool.
2 Whisk the almond extract, if using, with the eggs, yolks and remaining 100g caster sugar in a bowl until smooth. Whisk in the cream and flour to combine. Leave for 10 mins to rest. After that, it should be the consistency of pancake batter.
3 Heat oven to 180C/160C fan/gas 4. Butter six shallow ceramic dishes (ours were 125ml, 10cm round and 2.5cm deep.) Divide the cherries between the dishes, pour over the batter, then drizzle the cherry juices over the top.
4 Put on a baking sheet and bake for 25 mins until golden brown. (They will deflate once out of the oven.) Dust the icing sugar over the top and serve warm with the ice cream.

PER SERVING 400 kcals • fat 22g • saturates 13g • carbs 40g • sugars 34g • fibre 1g • protein 5g • salt 0.1g

gf tip
DISH SIZE
Ensure you have the right-sized dishes for this as it will affect the cooking time – if they're slightly bigger cook for a few minutes more.

TWIST IT

- **DESSERT TOPPING**
 If you have cherries and kirsch left over, you could make more cherries in kirsch syrup as a delicious dessert topping for ice cream and rice pudding.
- **MINI BLACKBERRY CLAFOUTIS**
 If you don't have cherries, this clafoutis is just as delicious with the same amount of blackberries, and the juice and zest of 1 lemon instead of kirsch.

Shoot directors BEN CURTIS AND SARAH SNELLING | Food stylist ROSIE REYNOLDS | Stylist AGATHÉ GITS



Burnt Basque cheesecake

This cheesecake is from San Sebastian in northern Spain – not on the Med, but well worth a mention here because this city is world-renowned for great eating. There, you'll find cobbled streets lined with pintxos bars where, every evening, locals and tourists hop from one bar to the next, nibbling on bite-sized delicacies. Among them is buzzing café La Viña, famed for it's 'burnt' cheesecake that breaks all the rules. There's no biscuit base, and unlike the New York style, it's baked at a high temperature resulting in a puffed, cracked, burnished beauty with crème caramel-style bittersweet notes and a creamy yet light centre. Heavenly – and so easy to make.

SERVES 12-15 **PREP** 10 mins
COOK 30 mins **EASY** V

butter, for the tin
800g soft cheese
225g caster sugar
2 tbsp plain flour
200g soured cream
4 medium eggs
2 tsp vanilla

1 Heat the oven to 240C/220C fan/gas 9 ensuring plenty of space above the middle shelf. Butter a deep 20cm, loose-bottom or springform cake tin. Lay two large sheets of baking parchment, one on top of the other, one sheet turned 45 degreees, so the corners point in different directions. Push the parchment into the tin, pressing into the corners and making sure plenty of paper is sticking out above the rim. Press the creases up the sides, but don't worry about lining the tin too neatly – the grooves in the parchment give this cheesecake its characteristic look.
2 Tip the soft cheese and sugar into a large bowl or a stand mixer. Beat together using an electric whisk (or stand mixer) for a minute or 2, until the grains of sugar have dissolved – check this by rubbing a little of the mixture between your fingertips. If it feels grainy, keep mixing for another minute or so.
3 Tip in the flour, soured cream, eggs, vanilla and 1/4 tsp salt to the bowl and mix again until you have a smooth consistency. Pour into your lined cake tin, scraping out every last bit of cheesecake mixture. Give the tin a sharp bang on the worktop to remove any air bubbles, then bake for 30 mins.
4 Once cooked, the cheesecake should be deeply caramelised on the outside and puffed up like a soufflé. It will still have a wobble when you shake the tin. Leave it to cool completely in the tin – it will sink as it cools. Chill for at least 1 hr before serving. *Will keep in the fridge for up to two days.*

PER SERVING (15) 252 kcals • fat 17g • saturates 11g • carbs 19g • sugars 17g • fibre 0g • protein 0g • salt 0.4g

ON THE SIDE

This cheesecake is delicious on its own, as traditionally served, but it's rich and creamy so it works well alongside seasonal fruits:

- **ROASTED APRICOTS**
 Cut some apricots in half, toss with a little honey and non-alcoholic sherry and roast at 200C/180C fan/gas 6 for 15 mins.
- **MACERATED BERRIES**
 Steep some strawberries and raspberries in a little sugar and lemon juice. The acidity helps balance out the rich cheesecake.



SEASONAL

SUMMER'S FINEST

Showcase seasonal produce in recipes from **Esther Clark** and grow broad beans using tips from **Emma Crawforth** of BBC Gardeners' World

photographs YUKI SUGIURA

During the warmer months, I like to spend less time at the hob – I prefer creating simple dishes that give fresh produce a chance to shine. These recipes are easy to make, but will still impress, whether you're planning a relaxed garden lunch or just want an afternoon treat.

For me, the nutty, earthy sweetness of broad beans is best complemented with creamy goat's cheese, lemon and olive oil. Using the same dressing, they can also be served on toast and topped with a poached egg and chilli, or ricotta and herbs. Peel the tough skin off the beans, though, as its bitter tang can spoil the otherwise delicate flavour.

Tomatoes are also exciting at this time of the year – an abundance of varieties bursting with colour and texture. Simply dressed with olive oil and capers, and served with crusty bread, they can take centre stage. Roasted with sea salt and eaten with cold yogurt and tahini, they're my go-to summer comfort food.

Cherries are a real treat when in season, and can be eaten in savoury dishes as well as sweet. Add them to salads with soft cheese, or sandwich softened cherries in a Victoria-style sponge. If you can get them, golden-yolked organic eggs are best for making a rich cake that you can serve with custardy cream for dessert. Or for a lighter, simpler option, just serve the syrupy cherries with whipped cream and shop-bought shortbread.



Esther trained at Leiths School of Food & Wine, then worked as a chef in Italy. She loves to cook for friends at home, and particularly enjoys creating recipes using new ingredients and seasonal produce.
@esthermclark



Lemony broad beans with goat's cheese, peas & mint

Lemony broad beans with goat's cheese, peas & mint

Use goat's cheese with a rind for this recipe to ensure it will slice well and have a lovely firm but creamy texture. A robust bread like focaccia is best for mopping up any juices.

SERVES 4 **PREP** 15 mins
COOK 20 mins **EASY** **V**

40g blanched hazelnuts
250g broad beans, podded and skins removed from the beans
200g fresh peas
4 tbsp extra virgin olive oil, plus a drizzle to serve
2 banana shallots, peeled and thinly sliced
½ small bunch of mint, finely chopped, plus extra leaves to serve
½ small bunch of flat-leaf parsley, finely chopped
1 lemon, zested and juiced
150g log goat's cheese with rind, sliced into 5mm rounds
crusty bread, to serve

1 Heat the oven to 200C/180C fan/gas 6. Tip the hazelnuts onto a baking tray and roast for 12-15 mins until golden. Leave to cool. Cook the broad beans and peas in a pan of boiling water for 2 mins, then drain.
2 Heat half the oil in a small frying pan over a low-medium heat and fry the shallots with a pinch of salt for 12 mins until softened. Remove from the heat and leave to cool.
3 Roughly chop the cooled hazelnuts, then toss with the broad beans and peas. Add the mint, parsley, remaining olive oil, the lemon zest and juice and the cooled shallots. Season with black pepper and ½ tsp sea salt flakes.
4 Spread the mixture over a large serving plate and top with the sliced goat's cheese. Drizzle with a little extra olive oil and scatter with torn mint leaves, then serve with chunks of crusty bread.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 380 kcals • fat 28g • saturates 9g • carbs 10g • sugars 3g • fibre 9g • protein 17g • salt 1.2g

Roasted tomatoes & creamy tahini yogurt

The wise and ever-inspiring Yotam Ottolenghi introduced me to the moreish combination of hot tomatoes and cold yogurt. I stir tahini through the yogurt to make it rich and nutty. Make sure you use a thick, full-fat Greek yogurt, though – the looser natural type doesn't work.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** **V**

600g mixed heritage or heirloom tomatoes
5 small garlic cloves, thinly sliced
4 thyme or oregano sprigs
3 tbsp extra virgin olive oil, plus an extra drizzle to serve
400g thick Greek yogurt
3 tbsp tahini
pinch of chilli flakes, such as Aleppo (optional)
flatbreads or focaccia, to serve

1 Heat the oven to 180C/160C fan/gas 4. Put the tomatoes on a baking tray lined with baking parchment, then scatter over the garlic and thyme, reserving a few thyme leaves. Drizzle with the oil and season with a little salt. Roast for 25-30 mins until the tomatoes have softened but are still holding their shape.
2 Meanwhile, combine the yogurt with the tahini and ½ tsp sea salt flakes. Chill until needed.
3 Spread the cold yogurt mixture over a large serving plate. Spoon over the tomatoes, along with the garlic and thyme and pour over the roasting juices. Sprinkle with a pinch of chilli flakes, if you like, and the reserved thyme, then serve with flatbreads or foccacia for scooping everything up.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day • gluten free
PER SERVING 336 kcals • fat 28g • saturates 9g • carbs 10g • sugars 9g • fibre 3g • protein 10g • salt 0.8g

VEG Q&A



Emma Crawforth is a qualified horticulturist, trained at the Royal Botanic Gardens, Kew, and is the gardening editor for BBC Gardeners' World. This month, she advises on broad beans.

BROAD BEANS

How do you know when broad beans are ready?
You can eat the whole pods when they're small, but wait for the beans to develop for better value. The lowest pods will mature first – look for bumps in the pods, then pick and shell one to test its readiness. Never let them get large, as they become tough. It's better to harvest and freeze them if you have a lot.

What time of year are they grown?
Broad beans are hardy, so you can sow seeds in autumn and let the seedlings overwinter on your plot without protection (if you live in a mild area) for an early crop.

What's the difference between varieties of broad beans?
You can sow the hardiest varieties for overwintering, like 'Aquadulce Claudia'. Choose the shortest plants, like 'The Sutton', for late-spring sowing or containers, and pink-beaned ones, like 'Karmazyn', for fancier salads. Generally, longer-podded beans are hardier, and shorter-podded beans less so – but they are tastier.

How easy is it to grow your own?
It's very easy! These are tough plants, providing one of the earliest vegetable harvests of the year. They prefer fertile, free-draining soil, and, for best results, water them while they're in flower during dry spells. Tall plants need simple stakes. Black aphid attacks are very common, but this doesn't usually affect the beans inside their pods.

What's your favourite way to cook/eat broad beans?
Boil the beans with summer savoury for 3 mins, toss in butter and add more uncooked summer savoury plus seasoning.



Cherry, custard & almond sponge cake

This is a take on a classic Victoria sponge, but a little more grown-up. We achieved our yellow sponges by using golden-yolked organic eggs.

SERVES 8 **PREP** 30 mins plus 1 hr chilling **COOK** 35 mins **EASY** V

220g unsalted butter, softened, plus extra for the tins
220g golden caster sugar
4 eggs (preferably organic)
170g self-raising flour
50g ground almonds
¼ tsp baking powder
3 tbsp milk

For the macerated cherries

250g cherries, pitted
1 tsp vanilla bean paste
2 tbsp golden caster sugar
½ large lemon, juiced
3 tsp kirsch or non-alcoholic cherry liqueur (optional)

For the custard cream

150g double cream
1 tbsp icing sugar, plus extra for dusting
80g fresh shop-bought custard

1 Butter two 20cm loose-bottomed round sandwich tins and line with baking parchment. Tip the butter and sugar into the bowl of a stand mixer and beat for 10 mins, or until light and fluffy. Add the eggs one at a time, beating well after each addition. Fold in the flour, ground almonds, baking powder, ¼ tsp salt and the milk. Spoon the batter into the prepared tins and bake in the centre of the oven for 22-25 mins, or until risen and firm to the touch. Leave to cool in the tins for 5 mins before turning out onto a wire rack to cool completely.

2 Put the cherries, vanilla, sugar, lemon juice and non-alcoholic cherry liqueur (if using) in a pan and bring to a simmer over a low heat. Cook for 5 mins, turn up the heat to medium and cook for 5-7 mins more until the liquid becomes syrupy. If the cherries are softened but the liquid isn't yet syrupy, strain the liquid into a separate pan and simmer until slightly thickened. Remove from the heat and leave to cool.

3 Beat the cream and icing sugar together using an electric whisk until the cream has thickened, then fold in the custard and chill for 1 hr.

4 Put one of the sponges on a cake plate or stand and spread over the custard cream. Spoon over the cherries, then top with the second sponge. Dust with more icing sugar and serve immediately. *Leftovers will keep chilled for two days and are best served at room temperature.*

PER SERVING 625 kcals • fat 40g • saturates 22g • carbs 57g • sugars 40g • fibre 1g • protein 9g •



Shoot director JACK HUNTLEY | Food stylist ESTHER CLARK | Stylist FAYE WEARS

#bbcgfmemawards

BBC goodfood Middle East MAGAZINE AWARDS 2021

Celebrating the Best in Hospitality and Dining

The BBC Good Food Middle East Magazine Awards, known for celebrating the best restaurants in the UAE, now enters its 12th year.

In these awards, readers get to vote for their favourite restaurants, hotels, and establishments around the Middle East. These are the only awards in the region offering recognition solely based on customers' stamp of approval across various categories.

Cast your votes at **https://awards.bbcgoodfoodme.com/2021/**

HOSTED BY

BBC goodfood Middle East

ORGANISED BY

CPI MEDIA GROUP
CPIMEDIAGROUP.COM

CATEGORY SPONSORS

VEGAN DISH

Upfield
Violife 100% Vegan

MYSTERY BOX SPONSOR

Casinetto

1 INGREDIENT – 3 WAYS

SMOKED PAPRIKA

In our new series we share three of the best ways to use an ingredient, beginning with this storecupboard spice. Let chef and food writer **Milli Taylor** inspire you

photographs JONATHAN GREGSON

It's the unmistakable taste of Spain: smoked paprika is earthy and pungent, with a deep crimson colour. If you haven't cooked with it, you must. It's the spice that gives chorizo, paella and romesco sauce their distinctive smoky flavour.

Like parmesan, smoked paprika has a certified Protected Designation of Origin (PDO). It's produced in La Vera in Extremadura and only 17 companies make it, yielding 4.5m kilos annually.

Four varieties of red pepper ripened on the vine are hand-picked, then the peppers are laid out in a room with a small oak-wood fire. There, they slowly dry out and take on the flavour of the gentle smoke.

Though traditional methods are still used, the quality control at each stage is rigorous – the peppers are hand-turned each day by the farmers to ensure even drying, smoking for up to two weeks. They're then meticulously sorted through and ground into a powder in small quantities using stone mills. The minimal temperature produced by stone-grinding helps maintain the paprika's quality and flavour. There are three varieties to choose from: dulce (sweet and mild), agridulce (bittersweet) and picante (hot).

What I most love about smoked paprika is that it can be added to a dish and the food will immediately take on the smoky flavour of cooking on coals or wood, without you going anywhere near a barbecue. For example, in my corn recipe, if you don't have a means to grill the corn, you can simply boil the cobs – the smoked paprika butter will impart a charred taste to the dish. Remember to use it sparingly, though, as a little goes a long way.



Milli Taylor is a self-taught chef and cookbook author who runs Milli's Catering, servicing weddings, cocktail parties and other events as well as hosting supper clubs. Her first book *Party Perfect Bites* (Ryland Peters & Small) was released in 2014. *milliscatering.co.uk*
@milliskitchen *@millitaylor*



Sweetcorn with smoked paprika & lime butter

Sweetcorn with smoked paprika & lime butter

SERVES 4 as a side dish
PREP 10 mins **COOK** 20 mins
EASY **V**

4 whole corn cobs
80g salted butter, softened
1 tsp hot smoked paprika
2 limes, zested then halved
20g parmesan or vegetarian alternative, finely grated
1 tbsp vegetable oil, for brushing
small handful of coriander, to garnish

1 Peel back the corn husks, then trim away using a sharp knife and discard. Bring a large pan of salted water to the boil, lower the heat to medium and cook the corn cobs for 10 mins. *If you'll be cooking the corn in a frying pan instead of the barbecue, cook for 13 mins.*
2 Meanwhile, make the paprika & lime butter. Mix the softened butter with the paprika until fully combined. Stir in half the lime zest and half the parmesan.
3 Light the barbecue, if using, and wait until the coals are ashen. Alternatively, heat a dry frying pan over a medium heat until hot. Drain the corn, pat dry with kitchen paper and brush lightly with the oil. Cook for 7-10 mins in the hot pan or on the barbecue, turning every couple of minutes until golden and slightly charred in spots.
4 Remove the corn to a plate using tongs and spread the paprika butter all over it. Sprinkle with the rest of the parmesan, the coriander and the remaining lime zest. Serve with the lime halves for squeezing over.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING 312 kcals • fat 24g • saturates 12g • carbs 14g • sugars 4g • fibre 8g • protein 7g • salt 0.5g

Fried chicken with pineapple hot sauce

SERVES 4 **PREP** 20 mins plus overnight brining
COOK 20 mins **EASY**

8 boneless, skinless chicken thighs
2 heaped tsp fine sea salt
500ml buttermilk
200g rice flour
100g cornflour
3½ tsp baking powder
2 tsp hot smoked paprika
2 tsp garlic granules
1 tbsp dried oregano
1 litre vegetable oil, for deep-frying
10g oregano leaves

1 Quarter each chicken thigh, then tip into a large bowl. Season well with the salt, then pour over the buttermilk and give it all a good mix. Cover and chill overnight.
2 Combine the rice flour, cornflour, baking powder, paprika, garlic granules, dried oregano, 1 tsp salt and ½ tsp freshly ground black pepper in a medium bowl. Drop in the brined chicken pieces, four at a time, tossing lightly to coat well. Gently shake off any excess, then arrange on a baking tray.
3 Heat the oil in a large, deep saucepan (ensuring it is no more than two-thirds full) to 170C or until a cube of bread dropped in browns within 30 seconds. Fry the chicken in small batches for 3 mins at a time until golden and cooked through. This will help keep the oil at the right temperature and won't overcrowd the pan.
4 Remove the fried chicken pieces to a clean tea towel using tongs to drain off any excess oil, then transfer to a wire rack to ensure they stay crisp. Alternatively, put the fried chicken on a clean baking tray and keep warm and crisp in a low oven. When all the chicken pieces have been fried, drop the oregano leaves into the hot oil and fry until crisp, about 30 seconds-1 min. Arrange the chicken on a serving platter, scatter over the fried oregano and serve with the pineapple sauce (right).

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING (with pineapple hot sauce) 647 kcals • fat 19g • saturates 6g • carbs 82g • sugars 19g • fibre 4g • protein 34g • salt 5.3g

Pineapple hot sauce

SERVES 4 **PREP** 10 mins plus overnight marinating
COOK 10 mins **EASY** **V**

350g prepared pineapple chunks (use fresh, not canned)
1 lime, zested and juiced
1 red chilli, deseeded and finely chopped
½ tsp smoked paprika
½ tsp cayenne or chilli powder
1 tbsp honey
20g butter

1 Blitz the pineapple in a blender until smooth, then tip into a dry frying pan over a medium-high heat. Add the lime zest and juice. Stir in the chilli, paprika, cayenne or chilli powder and a pinch of salt and cook for about 5 mins, stirring continuously.
2 Tip in the honey and let the mixture bubble for a couple more minutes until slightly thickened. Pour into a small heatproof bowl, stir in the butter and leave to cool. *Will keep covered in the fridge for up to five days.*

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 98 kcals • fat 4g • saturates 3g • carbs 13g • sugars 13g • fibre 2g • protein 1g • salt 0.1g

Shoot director SARAH SNELLING | Food stylist ESTHER CLARK | Stylist JO HARRIS



Fried chicken with pineapple hot sauce



Salpicón de marisco

At my favourite tapas bars in Malaga they sprinkle a little smoked paprika over prawn skewers – it transforms them entirely. This seafood salad is a traditional tapa (often made with octopus), but I like to add an untraditional sprinkle of smoked paprika. It should be vinegary and tastes best with flavourful summer tomatoes and the highest-quality olive oil you can find. It's also a great get-ahead dish, as it can all be prepared the day before.

SERVES 4 as a starter
PREP 35 mins plus at least 2 hrs chilling **COOK** 5 mins **EASY**

750g mussels in their shells
50ml sherry or apple cider vinegar
1 garlic clove, sliced
1 bay leaf
½ red onion, finely chopped
½ green pepper and ½ red pepper, both cut into 1cm chunks
½ cucumber or 2 small Lebanese cucumbers, halved lengthways, deseeded and cut into 1cm chunks
3 tomatoes, quartered, deseeded and chopped
300g cooked king prawns, shelled and deveined
2 tbsp flat-leaf parsley, chopped
sweet smoked paprika, for sprinkling

For the dressing
150ml extra virgin olive oil
50ml sherry vinegar
½ tsp sugar

1 Wash the mussels in a colander to remove any grit. Remove any stringy beards from the shells and check for any that are slightly open – give these a tap on a work surface, and discard if they remain open.
2 Tip the mussels into a large pan, then add the sherry or apple cider vinegar, garlic and bay. Cover with a lid and steam over a medium-high heat for 3-4 mins, or until the mussels open. Drain and discard any unopened mussels. Remove and discard the shells. Set aside and leave to cool.
3 Tip the onions, peppers, cucumber and tomatoes into a bowl, then stir in the prawns, mussels and parsley.
4 Shake all the dressing ingredients in a sealed jar with some seasoning. Alternatively, whisk together in a small bowl. Pour over the salad, then gently stir to coat. Cover and chill for at least 2 hrs or overnight.
5 Bring the salad out of the fridge 30 mins before serving. Spoon onto a serving plate and sprinkle with a pinch of paprika, remembering that a little goes a long way.

GOOD TO KNOW folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 487 kcals • fat 39g • saturates 6g • carbs 6g • sugars 6g • fibre 2g • protein 23g • salt 1.8g

Tonight's special

Ideal for Friday night, this punchy pasta dish takes just 35 minutes to make

recipe ESTHER CLARK
photograph TOM REGESTER

Fajita-style pasta

Take the aromatic flavours of a classic Mexican fajita and combine with pasta for this fantastically easy and vibrant meal. It's made with succulent pieces of chicken breast and sweet peppers. Any leftovers keep well for the next day and can be eaten cold.

SERVES 4-6 **PREP** 10 mins
COOK 25 mins **EASY**

2 tbsp olive oil
2 large skinless chicken breasts, cut into strips
1 onion, thinly sliced
1 red pepper, deseeded and sliced
1 yellow pepper, deseeded and sliced
1 garlic clove, crushed
¼ tsp chilli powder
1 heaped tsp sweet smoked paprika
½ tsp dried oregano
1 tsp ground coriander
½ tsp ground cumin
3 tbsp tomato purée
80ml double cream
350g penne or rigatoni pasta
½ small bunch of flat leaf parsley, finely chopped
grated parmesan or cheddar, to serve

1 Heat the oil in a large shallow casserole or frying pan. Add the chicken and fry for 5 mins over a medium heat until golden all over. Remove and set aside on a plate.
2 Put the onion and peppers in the same pan and fry over a medium heat for 8-10 mins. Add the garlic, dried herbs and spices, and cook for 1 min. Add the tomato purée and cook for 2 mins. Return the chicken to the pan and pour in the cream, stirring to combine. Season to taste.
3 Cook the pasta following pack instructions, then drain and reserve 150ml of the cooking water. Add the pasta to the pan with 50ml of the water and stir everything together over the heat. Add a little more water to loosen if needed. Season to taste and stir through the parsley. Divide between six bowls and top with a little cheese and extra chopped parsley, if you like. This can be packed into a lunchbox and eaten cold, too.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day
PER SERVING (6) 410 kcals • fat 13g • saturates 5g • carbs 47g • sugars 6g • fibre 6g • protein 24g • salt 1g •

Shoot director SARAH SNELLING | Food stylist KATIE MARSHALL | Stylist LUIS PERAL

Discover European Treasures

Explore the map of taste and discover our PDO / PGI delicacies

www.europeantreasures.eu



The content of this promotion campaign represents the views of the author only and is his/her sole responsibility. The European Commission and the European Research Executive Agency (REA) do not accept any responsibility for any use that may be made of the information it contains

CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION

The European Union supports campaigns that promote high quality agricultural products.

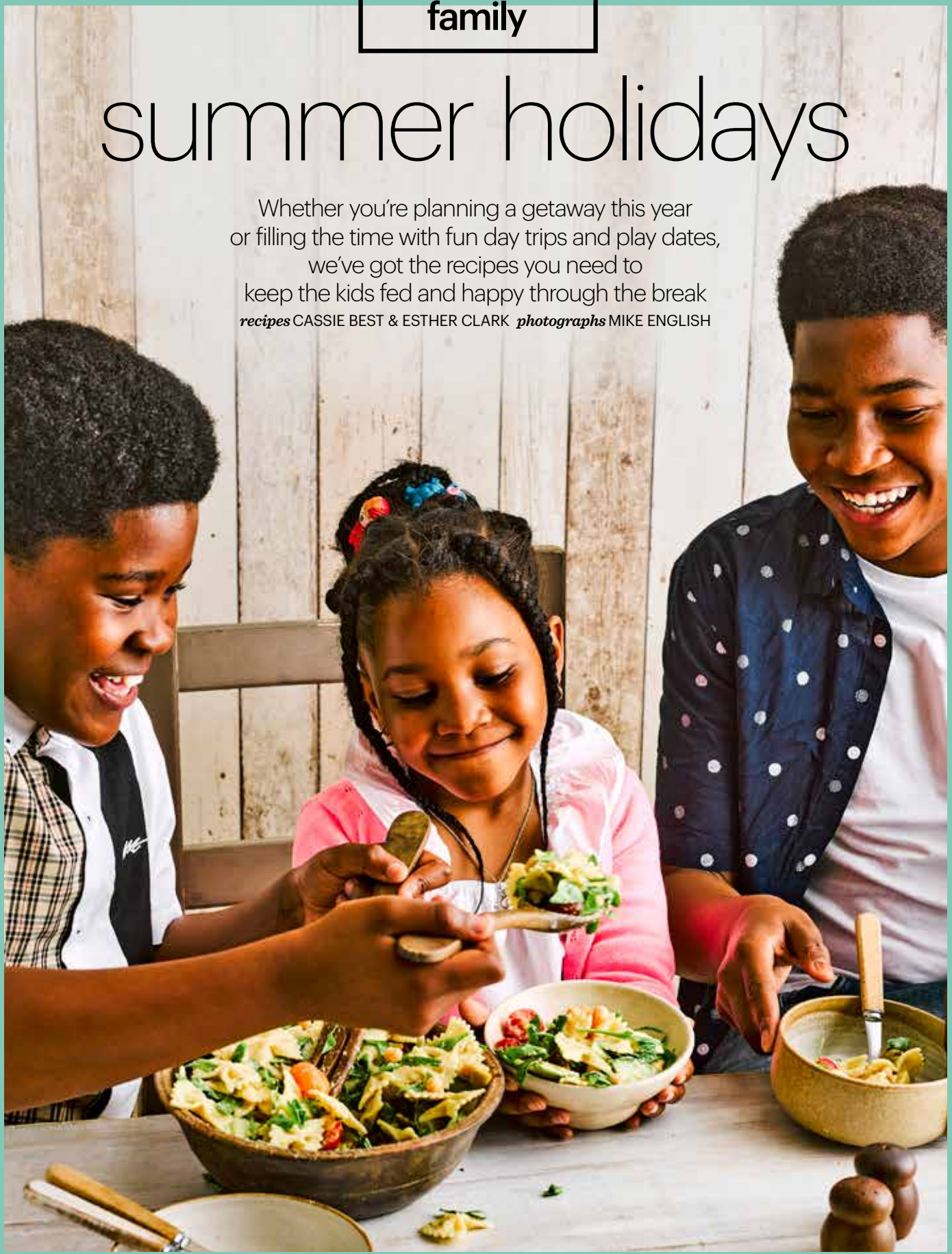
ENJOY IT'S FROM EUROPE

family

summer holidays

Whether you're planning a getaway this year or filling the time with fun day trips and play dates, we've got the recipes you need to keep the kids fed and happy through the break

recipes CASSIE BEST & ESTHER CLARK ***photographs*** MIKE ENGLISH



Mango chutney
cheese toasties

MAKES 4 **PREP** 10 mins
COOK 10 mins **EASY** V

100g grated mozzarella
100g medium or mild cheddar, grated
2 spring onions, thinly sliced (optional)
8 slices white bread
4 tbsp mango chutney, plus extra to serve
small knob of butter, for frying (optional)

1 Combine both cheeses and the spring onions, if using, in a bowl. Pile the cheese mix over four of the bread slices, then spread 1 tbsp chutney over each of the remaining slices. Sandwich the slices together to make four toasties.
2 If you're cooking over a barbecue, put the sandwiches on a griddle for 2 mins, flip and cook for 2 mins more. Transfer to sheets of foil using tongs and tightly wrap. Return to the griddle and cook for 3-4 mins more, or until the cheese is melted. Alternatively, melt a little butter in a pan. Fry the sandwiches for 2-3 mins on each side, weighing them down with a second pan or other heavy heatproof object. Cut the toasties into fingers and serve with more chutney for dunking.

GOOD TO KNOW calcium
PER SERVING 361 kcals • fat 15g • saturates 9g • carbs 39g • sugars 9g • fibre 2g • protein 17g • salt 1.9g

COOKING ON A CAMPFIRE

- **Prep ahead** When winter comes around, for the first night of camping, prepare a chilli or bolognese in advance for reheating on site. Or, pack a salad to serve with pan-fried fish or burgers. Pack the dressing in a jar to mix through the salad just before serving. Be sure to eat whatever you've prepped within a day of making it.
- **Take spices** Garam masala, ras el hanout or a chipotle spice mix can transform one-pan dishes or add lots of flavour to a campfire curry.
- **Get the kids involved** Bring small chopping boards and knives or veg peelers and get the kids to help you prep fruit and veg around the campfire (under supervision, of course!). It's an easy way to get them interested in cooking. Threading marshmallows onto skewers, wrapping potatoes in foil or picking stalks off of strawberries are all simple ways to get them involved.





PICNIC

Veggie hummus pasta salad

This is a great pasta salad for kids and adults alike. Dish up for the little ones first, then scatter with pul biber chilli flakes and crumbled feta for the grown-ups. You can use shop-bought hummus if you like – just loosen it with a little of the pasta cooking water to make a smooth dressing.

SERVES 4 PREP 20 mins
COOK 10 mins EASY V

400g can chickpeas, drained and liquid reserved
1 tbsp tahini
2 tbsp extra virgin olive oil
½ garlic clove
½ lemon, zested and juiced
250g short pasta of your choice
50g baby spinach, roughly chopped
200g cherry tomatoes, halved (we used a mixture of red and yellow)
¼ cucumber, quartered lengthways and cut into small triangles
75g pitted olives of your choice, roughly chopped

1 Boil the kettle. Tip half the chickpeas into a food processor, add roughly half the reserved liquid from the can (the liquid should come to just below the level of the chickpeas in the blender), the tahini, olive oil, garlic, lemon zest and juice and some seasoning. Blitz until you have a smooth, loose hummus. Check for seasoning.
2 Cook the pasta following pack instructions. Drain, reserving a mugful of the cooking water, and rinse under cold running water for a few seconds until cool.
3 Toss the cooked pasta, spinach, tomatoes, cucumbers, olives, the rest of the chickpeas and the hummus dressing together in a large bowl until everything is well-coated. Add a splash of the reserved pasta cooking water if the dressing is too thick. *Will keep covered and chilled for up to 6 hrs, or in an airtight container in a cool bag for 2 hrs. Add a splash of water to loosen the dressing again before serving.*

GOOD TO KNOW vegan • healthy • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 385 kcals • fat 12g • saturates 2g • carbs 51g • sugars 3g • fibre 9g • protein 13g • salt 0.7g

PBJ cookie ice cream sandwiches

MAKES 8 ice cream sandwiches plus 500ml ice cream **PREP** 20 mins plus overnight freezing **COOK** 12 mins **EASY** **V** ❄ ice cream only

For the ice cream

120g frozen raspberries
1 lemon, juiced
2 tbsp icing sugar
½ tbsp liquid glucose (optional)
½ x 397g can condensed milk
600ml double cream
1 tsp vanilla bean paste

For the cookies

200g peanut butter
50g golden caster sugar
125g light brown soft sugar
1 egg

1 For the ice cream, tip the berries into a food processor with the lemon juice, sugar and glucose, if using. Blitz until smooth. Push the raspberry purée through a fine mesh sieve into a bowl. Whisk the rest of the ingredients together in another bowl for 5 mins until thick, then spoon into a freezerproof container or large loaf tin. Ripple through the raspberry purée using a skewer. Cover and freeze overnight.

2 Heat the oven to 180C/160C fan/gas 4. Line two large baking sheets with baking parchment. Mix the peanut butter and sugars together in a bowl with a large pinch of salt. Beat in the egg until you have a stiff dough. Break off cherry-tomato-sized lumps of dough (you should get about 16) and arrange on the baking sheets, well spaced apart. Press the cookies down with the back of a fork. Bake for 10-12 mins until golden. Leave to cool on the sheets. Once cool, sandwich a scoop of ice cream between two cookies just before serving (you should use half the ice cream). *The remaining 500ml ice cream will keep frozen for three months.*

GOOD TO KNOW gluten free
PER SERVING 490 kcals • fat 35g • saturates 17g • carbs 34g • sugars 32g • fibre 2g • protein 9g • salt 0.3g



Jammy blackberry & almond crumble cake

SERVES 12-16 **PREP** 20 mins
COOK 45 mins **EASY** **V**

225g butter, plus extra for the tin
225g golden caster sugar, plus 1 tbsp
3 medium eggs
275g plain flour
2 tsp baking powder
50g ground almonds
2 tbsp milk
1 tsp vanilla or almond extract
3 tbsp berry jam of your choice (we used blackcurrant)
150g blackberries
handful of flaked almonds

1 Heat the oven to 180C/160C fan/gas 4, butter a 20cm square tin and line with baking parchment. Beat 200g of the butter and 200g of the sugar together in a large bowl using an electric whisk until light and fluffy. Beat in the eggs, one at a time, until well combined. When smooth and creamy, add 225g of the flour, the baking powder, almonds, milk and vanilla, and mix to combine.
2 Scrape the mixture into the tin and level the surface with a spatula. Dot over teaspoons of jam, then scatter over the blackberries, pressing them in gently.
3 To make the crumble topping, weigh the remaining 25g butter and 25g sugar into a bowl, add the rest of the flour and a pinch of salt. Rub the ingredients together between your fingertips until they are a crumbly consistency. Mix in the flaked almonds, then scatter the crumble over the cake. Scatter with the 1 tbsp caster sugar and bake for 45 mins until a skewer inserted into the middle comes out clean.
4 If the cake isn't ready, return to the oven for 5-10 mins more, then check again. Leave to cool for at least 20 mins in the tin before slicing and serving.

PER SERVING (16) 281 kcals • fat 15g • saturates 8g • carbs 32g • sugars 18g • fibre 1g • protein 4g • salt 0.5g

Carrot cake fridge flapjacks



GO EXPLORING

How to keep the kids going during a long stroll:

- Pack a hearty snack, like our fruity flapjacks to see them through to lunch. Wrap in baking parchment and string to make them feel like proper homemade energy bars.
- Make sure your picnic is exciting and filling, but not so much that it will cause drowsiness. Avoid sugary snacks and instead pack a mixture of sandwiches, colourful veg and homemade dips for dunking. Save any sweet treats, like a small cake or biscuits, for the walk back to the car or the journey home.
- It's important to stay hydrated. Fill up bottles of flavoured water (we like to add lemon, lime or orange slices to our bottles, as well as mint sprigs and strawberries) and chill overnight. The fruity water will taste and seem more interesting, but it's equally as healthy as plain water.



Tortilla chips 'n' dips

Carrot cake fridge flapjacks

MAKES 12 **PREP** 15 mins plus soaking and 3 hrs chilling
COOK 50 mins **EASY** **V**

170g butter, chopped, plus extra for the tin
200g pitted dates, roughly chopped
250g honey
2 large carrots, coarsely grated
300g rolled oats
100g dried cranberries
150g dried apricots, chopped
70g chopped walnuts
70g mixed seeds
2 tsp mixed spice
2 tsp ground cinnamon

For the icing
1 tbsp soft cheese
2 tbsp icing sugar, sieved
1 small orange, zested, plus 1-2 tbsp orange juice

1 Boil the kettle. Heat the oven to 170C/150C fan/gas 3½, butter a 20 x 30cm cake tin and line with baking parchment. Tip the dates into a heatproof bowl and cover with 60ml boiling water from the kettle. Set aside to rehydrate for 10 mins, then tip into a food processor and blitz until smooth.
2 Melt the butter and honey in a saucepan over a low heat, stirring until smooth. Tip the carrots, oats, cranberries, apricots, chopped walnuts, mixed seeds, mixed spice, cinnamon and a small pinch of salt into a large bowl. Stir the sweetened butter and puréed dates into the dry ingredients until combined, then tip into the prepared tin and press into an even layer using a spatula. Bake for 45-50 mins, covering with foil halfway through if the flapjacks brown too quickly. Cool in the tin. Once completely cool, chill in the fridge for at least 3 hrs.
3 For the icing, whisk all of the ingredients together until smooth. Drizzle the icing over the flapjacks and cut into 12 bars. *Will keep, covered in the fridge, for three days.*

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 466 kcals • fat 21g • saturates 9g • carbs 59g • sugars 41g • fibre 7g • protein 7g • salt 0.3g

Tortilla chips 'n' dips

If the weather doesn't play ball, gather the kids indoors to watch a film with chips 'n' dips. You can make the guacamole and salsa up to a day before serving. The cheesy queso-style dip should be made on the day and served warm.

SERVES 4-6 **PREP** 20 mins
COOK 5 mins **EASY** **V**

200g tortilla chips (see tip, right)
For the guacamole
2 ripe avocados, stoned, peeled and halved
½ lime, juiced
For the salsa
1 shallot, peeled and finely chopped
200g cherry tomatoes, quartered
½ large mild red chilli, finely chopped (optional)
½ lime, juiced
pinch of sugar
For the queso dip
1 tbsp plain flour
200ml milk
100g soft cheese
150g mature cheddar, grated
pinch each of ground turmeric, ground cumin and cayenne pepper (optional)

1 For the guacamole, scoop the avocado flesh into a bowl and mash with a fork until smooth. Stir in the lime juice with a pinch of salt. Mix the salsa ingredients together in another bowl and season with salt. Cover both dips and chill until you're ready to serve, or up to a day ahead of serving.
2 Warm the tortilla chips in a low oven or make your own (see tip, right). Just before serving, combine the queso dip ingredients in a small saucepan and stir over a low heat until the cheese has melted and the mixture is smooth. Pour into a bowl.
3 Arrange the bowls of dips on a board or platter, pile the tortilla chips around the bowls and serve.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING (6) 460 kcals • fat 33g • saturates 12g • carbs 26g • sugars 5g • fibre 5g • protein 12g • salt 1.1g

HEALTHY SNACKS FOR KIDS

Try these simple ideas for keeping the kids happy between meals:

- **Thread berries, melon cubes, pineapple chunks, kiwi or mango slices onto small skewers**
- **Crispy chickpeas are a healthier alternative to crisps (visit *bbcgoodfoodme.com* for the recipe)**
- **Serve veg crudités with spiced yogurt dip – just mix natural yogurt with mild curry powder and mango chutney**

gf tip

HOMEMADE TORTILLA CHIPS
Cut **4 corn or wheat wraps** into triangles using a pizza cutter, toss with **2 tsp vegetable oil** and a **pinch of paprika**, then arrange in a single layer on one large or two small baking trays. Bake for 10-15 mins at 180C/160C fan/gas 4, tossing the chips around halfway through cooking, until crisp.

ALLERGY ALERT If you're hosting a play date or party for lots of children, check with parents or guardians for allergies before planning lunch or snacks. Nuts, sesame, milk, eggs, wheat and berries are all common allergies in children.

Shoot director JACK HUNTLEY | Food and prop stylist AMY KINNEAR



Just 5 ingredients

For a takeaway-style dinner with minimal ingredients, you can't go wrong with a homebaked pizza

recipe ESTHER CLARK ***photograph*** TOBY SCOTT

Sausage & pesto pizzas

Cheesy, meaty and herby, these pizzas are cleverly thrown together with just a handful of ingredients, leaving you with a moreish charred wood-fire-style finish.

SERVES 4 **PREP** 20 mins plus defrosting **COOK** 40 mins **EASY**

2 x 220g frozen pizza dough
400g can chopped tomatoes
3 sausages
olive oil for frying
6 tbsp fresh pesto
2 x 125g balls buffalo mozzarella
basil leaves, to serve (optional)

1 Remove the pizza dough from the freezer 1-2 hrs before cooking to defrost. Heat the oven to 220C/200C fan/gas 7. Put a large baking sheet in the oven to heat.
2 Tip the chopped tomatoes into a saucepan, simmer uncovered for 15 mins until reduced and saucy, then season to taste.
3 Squeeze the sausagemeat out of the skins, into a bowl and divide into 10 small balls. Pour a glug of olive oil into a frying pan and fry the meatballs over a medium heat for 5 mins until golden brown.
4 Roll out the dough into two oval-shaped pizzas about 20cm long. Top with a layer of the tomato sauce, then swirl in the pesto. Tear the mozzarella and scatter that over along with the sausage meatballs. Slide the pizzas onto the hot baking sheet and cook for 18-20 mins or until crisp and charred at the edges. Scatter over a few basil leaves to serve, if you like.

GOOD TO KNOW calcium • 1 of 5-a-day
PER SERVING 544 kcals • fat 27g • saturates 11g • carbs 49g • sugars 4g • fibre 5g • protein 23g • salt 2.9g

gf tip
Swap the sausages for cured meats, if you prefer, or portobello mushroom slices, if you want them to be meat-free.

Shoot director PETER RÜPSCHL | Food stylist ESTHER CLARK | Stylist MORAG FARQUHAR
For this five-ingredient series, we do not include storecupboard essentials like oil, or optional ingredients.

yummex MIDDLE EAST

Live, in-person

7-9 NOV 2021
DUBAI WORLD TRADE CENTRE

The Leading Sweets & Snacks Event for the Middle East & North Africa Region





Do business in **one of the world's most well-connected and thriving F&B markets.**

EXHIBIT NOW

yummexme.com
yummex-me@dwtc.com

Co-located with

GULFOOD MANUFACTURING
THE SPECIALITY FOOD FESTIVAL
PRIVATE LABEL & LICENSING MIDDLE EAST

Organised by

مركز دبي التجاري العالمي
DUBAI WORLD TRADE CENTRE

Safety assured by

VENUE SAFE
SAFE GUARD
RESTART YOUR BUSINESS WITH BV

health

Delicious recipes and top nutrition tips



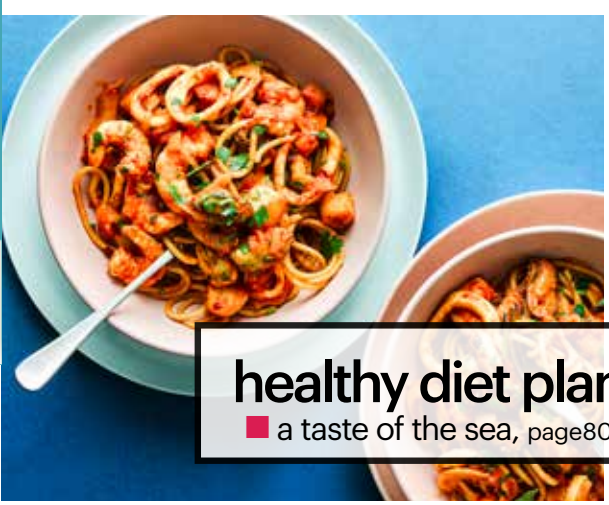
good morning

page 74



5 healthy ways

chickpeas, page 77



healthy diet plan

a taste of the sea, page80



healthy diet plan

what's for lunch?, page 78

good morning

Wake up to these energy-boosting breakfasts designed to keep you going until lunchtime



Orange & blueberry bircher

Citrus fruits like oranges are rich in collagen-supporting vitamin C and great for promoting skin health and elasticity. Oats are also a good source of silica for strong, lustrous hair. Soaking oats and seeds overnight makes them easier to digest. This, combined with fruit, adds up to a nutritious start to the day with all the right fats, fibre, vitamins and minerals included. Our recipe makes enough for four, so chill half if needed for another day.

SERVES 4 **PREP** 15 mins plus overnight chilling **NO COOK** **EASY** **V**

LOW FAT · VIT C · CALCIUM

140g porridge oats
4 tbsp golden flaxseed
4 oranges, 1 zested
350g bio yogurt
8 handfuls of blueberries from a 300g pack

1 Mix the oats, flaxseed and orange zest in a large heatproof bowl. Pour over 600ml boiling water from the kettle. Stir and leave to cool. Cover and soak overnight in the fridge.
2 The next day, stir three-quarters of the yogurt into the bircher. Peel and chop all of the oranges. Spoon the bircher into four glasses, then top with chopped oranges, the rest of the yogurt and the blueberries. *If chilling half for the following day, top the bircher with the fruit and yogurt just before serving.*

GOOD TO KNOW healthy • low fat • calcium • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 345 kcals • fat 9g • saturates 3g • carbs 48g • sugars 22g • fibre 8g • protein 13g • salt 0.2g

Dairy-free

If you want to go dairy-free, you can use fortified oat or nut milk along with dairy-free yogurt. Coconut yogurt has a very distinctive flavour, so if you don't enjoy that, choose one made with almonds or oats instead.

Healthy porridge bowl

Start the day with this filling bowl of cholesterol-lowering oats. Chia seeds are one of the richest plant sources of anti-inflammatory omega-3 fatty acids you can get. It's so speedy to prepare, you can make it fresh each morning.

SERVES 2 **PREP** 10 mins
COOK 5 mins **EASY** V

FIBRE · FOLATE · 2 OF 5-A-DAY

100g fresh or frozen raspberries
1 orange, ½ sliced and ½ juiced
150g porridge oats
100ml milk
½ banana, peeled and sliced
2 tbsp smooth almond butter
1 tbsp goji berries
1 tbsp chia seeds

1 Tip half the raspberries and all the orange juice into a pan over a low heat. Simmer until the berries soften, about 2-3 mins. Remove from the heat. Leave to cool slightly.

2 Meanwhile, tip the oats, milk and 450ml water into a second pan set over a low heat and cook for 5 mins, stirring until creamy. Spoon into bowls and top with the rest of the raspberries, the orange and banana slices, the almond butter, goji berries and chia seeds.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 533 kcals • fat 19g • saturates 3g • carbs 66g • sugars 14g • fibre 13g • protein 17g • salt 0.1g



Bircher and porridge bowl photographs MIKE ENGLISH | Shoot director SARAH SNELLING | Food stylist KATIE MARSHALL | Stylist AGATHE GITS



Breakfast egg wraps

Quick to make and filling too, these wraps are perfect little packages of protein. Eggs contain carotenoids and selenium, which are beneficial for skin health, while their choline content supports your memory.

SERVES 4 PREP 5 mins
COOK 7 mins EASY V

IRON FOLATE HEALTHY

4 tsp cold-pressed rapeseed oil, plus 4 drops
500g closed-cup mushrooms, thickly sliced
320g cherry tomatoes, halved, or 8 tomatoes, cut into wedges
10 eggs
2 large handfuls of parsley, finely chopped
8 tbsp porridge oats (40g)
4 tsp English mustard powder, made up with water

1 Heat the 4 tsp oil in a non-stick frying pan over a medium heat and cook the mushrooms, covered, for 6-8 mins. Stir in the tomatoes, uncover and cook for 1-2 mins more until the tomatoes have softened.
2 Crack the eggs into a bowl and whisk in the parsley and oats. Heat a drop of oil in a large non-stick frying pan set over a medium heat, tip in a quarter of the egg mixture and fry for 1 min until almost set. Flip and cook for 30 seconds more. Slide onto a plate, spread with a quarter of the mustard, spoon a quarter of the veg filling down the centre and roll up. Repeat with the remaining egg mix and veg filling to make four wraps total. Or, if you're serving two, use half the ingredients, then follow the same method to make another two servings the following day.

GOOD TO KNOW healthy · folate · fibre · iron · 2 of 5-a-day
PER SERVING 429 kcals · fat 20g · saturates 4g · carbs 31g · sugars 4g · fibre 6g · protein 28g · salt 0.6g

5 healthy ways

chickpeas

Filled with protein and fibre, they're a great base for many quick and delicious dishes – try some of our favourite healthy ideas using this storecupboard hero



Curried chickpea & mango salad

SERVES 1 PREP 15 mins
NO COOK EASY V

Mix ½ **x 400g can chickpeas**, drained and rinsed, with **2 tbsp fat-free Greek yogurt**, the **juice of ½ lemon** and **1 heaped tbsp korma paste**, then toss with **½ grated carrot**, **70g shredded red cabbage**, **50g shredded baby spinach** and **40g finely diced mango**. Tip into a bowl and scatter with **½ tsp nigella seeds** and **½ small red chilli**, finely sliced.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 327 kcals • fat 9g • saturates 1g • carbs 38g • sugars 18g • fibre 13g • protein 17g • salt 1g

Chickpea Bombay mix

SERVES 1 PREP 2 mins
COOK 10 mins EASY V

Mix **60g spiced roast chickpeas** (see recipe, right) with **1 tbsp unsalted peanuts**. Bake at 200C/180C fan/gas 6 for 10 mins, then mix with **1 tsp raisins**.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 142 kcals • fat 7g • saturates 1g • carbs 12g • sugars 3g • fibre 4g • protein 6g • salt 0.1g

Chickpea & red pepper dip

SERVES 4 PREP 5 mins
NO COOK EASY V

Tip a **400g can chickpeas**, drained and rinsed, into a food processor with **1 crushed garlic clove**, **4 tbsp extra virgin olive oil**, a **squeeze of lemon juice**, **2 roasted red peppers from a jar**, drained and chopped, and a **small handful of chopped coriander**. Blitz to a paste and season. Serve with toasted pitta breads, or crudités.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day
PER SERVING 223 kcals • fat 18g • saturates 2g • carbs 12g • sugars none • fibre 2g • protein 5g • salt 0.9g

Spiced roast chickpeas

SERVES 4 PREP 5 mins COOK 20 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Drain **2 x 400g cans chickpeas** and pat dry with a tea towel to remove as much moisture as possible. Tip into a roasting tin, toss with **1 ½ tbsp rapeseed oil**, **1 tsp each caraway** and **mustard seeds** and seasoning. Roast for 20 mins until golden brown. Toss with **1 tbsp curry powder** and serve, or use in our Bombay mix recipe (left).

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day • gluten free
PER SERVING 200 kcals • fat 8g • saturates 1g • carbs 19g • sugars 1g • fibre 7g • protein 9g • salt none

Smoky chickpeas on toast

SERVES 2 PREP 2 mins
COOK 10 mins EASY V
chickpeas only

Fry **1 small chopped onion** in **½ tsp olive oil** for 5-8 mins until soft. Add **2 tsp chipotle paste**, **250ml passata**, a **400g can chickpeas**, drained, **2 tsp honey** and **2 tsp red wine vinegar**. Season and bubble for 5 mins. Toast **2-4 slices crusty bread**. Fry **2 eggs** in a little oil. Drizzle the toast with a little oil, then top with the smoky chickpeas and eggs.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 423 kcals • fat 15g • saturates 3g • carbs 45g • sugars 15g • fibre 9g • protein 22g • salt 0.7g

gf healthy diet plan

what's for lunch?

Conjure up a moreish meze-style spread using a variety of produce – best enjoyed in the sunshine

recipe SARA BUENFELD *photograph* MIKE ENGLISH

Healthy veggie platter

SERVES 2 **PREP** 15 mins
COOK 30 mins **EASY** V

CALCIUM IRON VIT C

1 lemon
1 large red pepper, deseeded and quartered
1 large courgette (about 225g), sliced into rounds the thickness of 23 mm
1 tbsp olive or rapeseed oil, plus a drizzle (under 1 tsp)
400g butter beans, drained, liquid reserved
1 tbsp tahini
1 garlic clove
2 cooked beetroot (not in vinegar), sliced (165g)
1 tbsp chopped dill
½ small red onion, finely chopped
100g natural yogurt
a pinch of smoked paprika
6 pitted Kalamata olives, halved
handful of mint leaves, chopped if large
extra virgin olive oil for drizzling, (optional)

1 Heat the oven to 220C/200C fan/gas 7. Peel a strip of zest from the lemon and finely chop it. Rub the pepper and courgette with a small drizzle of olive oil, then arrange in a single layer on a baking tray (the pepper should be skin-side down). Scatter the the chopped lemon zest over the pepper, then roast for 30 mins, turning the courgettes over halfway through.
2 Meanwhile, tip the butter beans into a bowl with 2 tbsp of the liquid from the can. Squeeze over the juice of the lemon that you pared the zest from, then add the tahini, 1 tbsp oil and the garlic, and blitz with a hand blender until smooth, adding more liquid from the can if it's too thick. Taste and add a little salt, if needed.
3 Spoon the mixture onto plates, then top with the beetroot, dill and onion, then the courgettes. Drizzle over the yogurt, then sprinkle with paprika. Scatter over the peppers, olives and mint, then drizzle with extra virgin olive oil, if you like.

GOOD TO KNOW healthy • calcium • iron • folate • fibre • vit c • fibre • gluten free • 4 of 5-a-day
PER SERVING 375 kcals • fat 16g • saturates 3g • carbs 34g • sugars 19g • fibre 15g • protein 17g • salt 0.6g



Shoot director JACK HUNTLEY | Food stylist KATIE MARSHALL | Stylist FAYE WEARS





a taste of the sea

Be transported to a beachside restaurant with a bowl of shellfish pasta that's bursting with nutrients

recipe SARA BUENFELD *photograph* MIKE ENGLISH

Seafood spaghetti

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

IRON VIT C FIBRE

2 tbsp olive or rapeseed oil
1 small fennel bulb (160g), halved and thinly sliced
1 onion (160g), finely chopped
150g wholemeal spaghetti
2 large pinches of chilli flakes
3 garlic cloves, finely grated
½ lemon, zested, plus 2 tbsp juice
3 tbsp tomato purée
300g frozen mixed seafood (we used a mixture of prawns, mussels and squid rings), defrosted
3 tbsp chopped parsley

1 Heat the oil in a large non-stick pan and cook the fennel and onion for 10 mins, stirring occasionally until softened. Meanwhile, bring a pan of water to the boil and cook the spaghetti for 10 mins until al dente.
2 When the fennel and onion mixture has softened, stir in the chilli flakes, garlic, lemon zest and juice. Add the tomato purée and cook briefly, stirring all the time.
3 Drain the pasta, reserving a mugful (around 250ml) of the cooking water. Stir the seafood into the tomato sauce and warm through. Toss the spaghetti into the sauce with the parsley and just enough of the reserved cooking water to loosen. Season and serve.

GOOD TO KNOW healthy • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 531 kcals • fat 16g • saturates 2g • carbs 57g • sugars 8g • fibre 11g • protein 35g • salt 0.8g

Shoot director JACK HUNTLEY | Food stylist KATIE MARSHALL | Stylist FAY [illegible] WEARS

GOURMET LIFESTYLE

THE SUITE LIFE
MELIA DESERT PALM

p82



Competitions, p87



THE SUITE LIFE

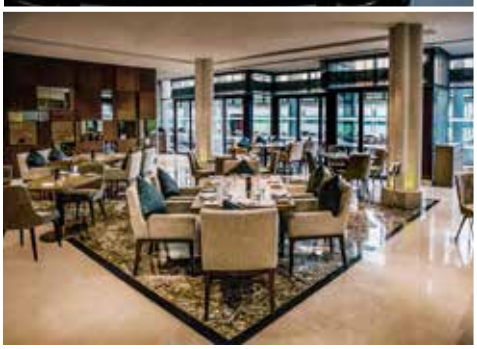
Set on a 160-acre polo estate, just a short drive away from Dubai's city centre, is Meliá Desert Palm - managed by Melia Collection Hotels - that's apt for those looking for a tranquil desert retreat. If you don't want to drive to another emirate, make your way to this urban oasis to recoup over the weekend.













ACCOMMODATION

Exclusively nestled on the top floor of the desert resort, the Palm Deluxe Room envelops you with a fresh, inviting atmosphere. Your eyes instantly land on the gorgeous views outside upon arrival, with date palms lending pops of green that complement the earth tone interiors. The room showcases a plush king-sized bed with soft eiderdown pillows, a rain shower with skylights, coffee and tea-making facilities, and high-tech surrounds. Although the room is tucked away on the top floor, you can easily access the main lobby, dining areas and pool.

RARE

Dinner at this renowned steakhouse is an intimate affair, especially with the newly launched romantic dinner experience. Spoil your partner from the minute you arrive, as the venue goes all out with decorating the table with rose petals. You and your loved one can indulge in a three-course set menu with grape pairing, as we did, that ticks all the boxes for a relaxed evening.

For appetizers, take your pick from the Smoked burrata with basil or Grilled lobster with Spanish vinaigrette served on the side, to douse the meat for every bite. My dining partner and I tried both. The burrata was creamy and gorgeous, with mild acidity from the tomatoes that cut through the richness, making space for the fresh basil and olive oil to shine. The grilled lobster was tender and juicy, offering a bite packed with soft garlic puree and roasted carrot mousseline, that paired well with the burrata too.

Our choice of Grilled tenderloin was well executed and just what I was looking for on that particular evening. The steaks, all grilled to perfection on the restaurant's oak-wood-fired grill, arrived on a bed of quinoa topped with a truffle potato foam. The latter added a layer of richness - without being overpowering - to the prominent crust of the steak. The quinoa also served its purpose of absorbing all the juices from the steak. Diners can also opt for a Black cod with fresh sauce Vierge and asparagus citric risotto.

To end our meal, we indulged in the Chocolate lava cake served with sesame ice cream. The cake was the right amount of firm and moist, with the right consistency of chocolate oozing out at the perfect temperature. The ice cream added depth, which not only balanced the richness of the cake but also added an interesting flavour profile to the dessert. My dining partner's crème brulée with fresh berries was light and just perfect after a decadent meal.

THE NEXT MORNING

Head to breakfast at Epicure, the all-day dining restaurant that serves international cuisine. Floor to ceiling windows brighten up the space with plenty of natural sunlight and if you prefer a slow start to the day, take a seat by the window and enjoy the serene garden and pool views. With several à la carte options on offer, including egg dishes, we opted for nutritious Açaí bowls topped with desiccated coconut, fresh berries and chopped bananas – a great summer breakfast fix before lazing by the pool with a good read.

BOOK NOW

The Palm Deluxe Room is available from AED700 per night for two adults. Visit melia.com/desert_palm.






RARE
OAK WOOD FIRE GRILL



THE SPECIALITY FOOD FESTIVAL

Live, in-person

7-9 NOV 2021
DUBAI WORLD TRADE CENTRE

Take Part in the Leading Gourmet & Fine Food Expo for the MENA region



EXHIBIT NOW

www.speciality.ae
speciality@dwtc.com

Co-located with

GULFOOD MANUFACTURING

yummex MIDDLE EAST

PRIVATE LABEL & LICENSING MIDDLE EAST

Organised by

مركز دبي التجاري العالمي
DUBAI WORLD TRADE CENTRE

Safety assured by

VENUE SAFE

SAFE GUARD
RESTART YOUR BUSINESS WITH BV

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



F&B VOUCHER FOR MAJLIS AL SULTAN AT CITY CENTRE ME'AISEM, WORTH AED500

Diners are invited to embark on a gastronomic tour of the Middle East at the luxurious Majlis Al Sultan. Discover an ambience of relaxed sophistication, as you indulge in authentic flavours and innovative culinary blends. The venue pays homage to regional heritage, while incorporating contemporary cuisine with traditional elements. Majlis Al Sultan is offering one lucky person the chance to win an F&B voucher to dine at their City Centre Me'aisem branch.



VOUCHER FROM CAFÉ BELGE, THE RITZ-CARLTON, DUBAI INTERNATIONAL FINANCIAL CENTRE, WORTH AED500

With its Art Deco design and traditional Belgian cuisine, Café Belge at The Ritz-Carlton, Dubai International Financial Centre emulates the elegance of the golden era of 1920s Brussels. Take a seat and tuck into fresh seafood and other delightful dishes, created with the finest ingredients. Complement your meal with Belgium's masterful brews for a unique dining experience. One lucky winner will get to experience all that this classic European café has to offer.



EXPERIENCE NEW ADDITIONS AT THE NOODLE HOUSE, WORTH AED500

The Noodle House has expanded its menu to include over 35 new dishes from numerous Asian cities. One winner will receive a dining voucher to experience this extensive selection of mouth-watering dishes and tableside experiences. Featuring new street food favourites, bao buns, salads and soups, scrumptious noodles and a yakitori section, along with several delightful desserts, the menu is available at Souk Madinat Jumeirah, Nakheel Mall and JBR The Walk.



DINNER FOR TWO AT HILLHOUSE BRASSERIE, DUBAI HILLS GOLF CLUB, WORTH AED500

Hillhouse Brasserie, the chic all-day eatery located at the sprawling Dubai Hills Golf Club, serves diners hearty and honest international cuisine across breakfast, lunch and dinner. Morphing effortlessly from a homely boulangerie by day into a buzzing brasserie hotspot by night, the family-friendly venue ensures visitors are spoilt for choice. Hillhouse Brasserie is offering one reader the chance to win an indulgent à la carte dinner for two, inclusive of soft or house beverages.

Images SUPPLIED



DINNER FOR TWO AT AL NAFOORAH, JUMEIRAH EMIRATES TOWERS, WORTH AED500

Nestled in Jumeirah Emirates Towers, Al Nafoorah, the multi award-winning restaurant, invites diners to tuck into Lebanese delicacies. Adorned with high ceilings and dark wood carvings, melodious tunes, live entertainment and breath-taking al fresco views, Al Nafoorah showcases traditional dishes cooked with care and served family-style. The menu features an extensive selection of mezze, shawarmas, mixed grilled meats and more. One individual will win a delectable à la carte dinner for two, inclusive of soft or house beverages.



HAMPER FROM CLASSIC DELI, WORTH AED500

Classic Deli, part of Classic Fine Foods, is a gourmet online grocery service offering delightful, guilt-free treats. Whether you prefer a home-cooked meal with a fine-dining feel or a nutritious packed lunch for little ones, you can be sure that you and your family receive high-quality, speciality foods and beverages from organic, premium brands. One winner will receive a scrumptious food hamper from Classic Deli, which includes fresh fruits and vegetables, pastries and cheeses.



GROCERIES FROM FENIX, VIA F10, WORTH AED500

FENIX recently launched its ground-breaking 10-minute, free grocery delivery service, F10, on Al Reem Island in Abu Dhabi. Three lucky winners will get the opportunity to win a month's supply of groceries worth AED500, when using the new F10 rapid delivery service. From fresh produce to household essentials and even late-night snacks, customers can download the F10 mobile application and place their orders from the comfort of their homes, with no minimum order amount applicable.



DINING VOUCHERS FROM ART OF DUM, WORTH AED500

Art of Dum, an eco-friendly cloud kitchen brand, is offering one winner a lavish at-home dining experience. Following the traditional 'dum pukht' style of slow cooking food, Art of Dum offers elaborate flavour-packed dishes cooked in sealed clay pots. The menu includes succulent kebabs, fragrant biryanis, spiced gravies and tempting sweet treats. Completing the at-home feast is premium packaging which promotes a sustainable lifestyle with a zero-plastic policy, reusable glass jars and steel cutlery.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.


Roberto's
SUPPER CLUB
NIGHT BRUNCH
JOIN US FOR A NIGHT BRUNCH EVERY SUNDAY
FROM 8PM ONWARDS IN ROBERTO'S PREMIUM LOUNGE.
INDULGE IN YOUR FAVORITE ITALIAN SIGNATURE DISHES
CAREFULLY CRAFTED BY AWARD-WINNING CHEFS.
+971 4 386 0066 | RESERVATIONS@ROBERTOS.AE
WWW.ROBERTOSRESTAURANTS.COM | DIFC, GATE VILLAGE 1, DUBAI



Violife
100% Vegan

EMBRACE THE VEGAN OPPORTUNITY.

NOW IN THE MIDDLE EAST

Violife **100% VEGAN** cheese alternatives are trusted by Vegans and can be enjoyed by **EVERYONE.**

Free From DAIRY
SOYA · GLUTEN · LACTOSE
NUTS · PRESERVATIVES

violifefoods.com/pro



Upfield Professional